

COMPOSITION

Each film coated tablet contains: Vitamin A 2500 IU, Vitamin C 120 mg, Vitamin D 800 IU, Vitamin E 30 IU, Vitamin K 25 mcg, Thiamin (B1) 2.3 mg, Riboflavin (B2) 2.6 mg, Niacin 30 mg, Vitamin B6 3 mg, Folic Acid 400 mcg, Vitamin B12 9 mcg, Biotin 300 mcg, Pantothenic Acid 10 mg, Calcium (elemental) 300 mg, Iron 18 mg, Magnesium 50 mg, Zinc 15 mg, Selenium 20 mcg, Copper 2 mg, Manganese 2 mg and Chromium 120 mcg.

INDICATION & USES

Indicated for teenage girls (age from 13 to 19) as comprehensive nutritional supplements.

- Development and maintenance of bone & teeth
- · Boosts up immunity
- Supplying energy through breaking down of carbohydrates, protein & fat
- Prevents Acne and smoothens the skin
- Supports skin structure through Synthesis of Collagen and Elastin
- Defends the skin from free radical mediated damage
- Restores hormonal balance
- Reduces Anxiety & Depression

DOSAGE & ADMINISTRATION

For teen girls, one tablet daily with food.

OVER DOSAGE

In case of accidental overdose, call a doctor or poison control center immediately.

SIDE EFFECT

Constipation, diarrhea or upset stomach may occur. These effects are usually temporary and may disappear as your body adjust to this medication. If any of these effects persist or worsen, contact with your doctor. Iron may cause your stools to turn black, an effect that is not harmful. Allergic sensitization has been reported following oral administration of Folic Acid.

PRECAUTION

Folic Acid alone is improper therapy in the treatment of pernicious anaemia and other megaloblasticanaemia where Vitamin B12 is deficient.

CONTRAINDICATION

This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

DRUG INTERACTION

No such drug interactions have been reported.

USE IN PREGNANCY & LACTATION

Not indicated for use by pregnant & lactating mothers.

STORAGE CONDITION

Store in a cool (below 25° C) and dry place protected from light and moisture. Keep this out of reach of children.

HOW SUPPLIED

Fach HDPF container contains 30 tablets.

Manufactured by

