

Composition

Each film coated tablet contains: Vitamin A 2500 IU, Vitamin C 120 mg, Vitamin D 400 IU, Vitamin E 30 IU, Vitamin K 25 mcg, Thiamine 3.75 mg, Riboflavin 4.25 mg, Niacin 30 mg, Vitamin B6 5 mg, Folic Acid 400 mcg, Vitamin B12 15 mcg, Biotin 300 mcg, Pantothenic Acid 10 mg, Calcium 200 mg, Iron 9 mg, Magnesium 100 mg, Zinc 15 mg, Selenium 20 mcg, Copper 2 mg, Manganese 2 mg and Chromium 120 mcg.

Indication & Uses

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

- Ensures sound mind within a sound body
- ▶ Supports the physical activity, provide the energy and fight stress of the teenage boys
- ▶ Boosts up immunity, guarantees disease free teenage
- ▶ Accelerates the physical and mental growth of the boys
- For the proper growth of bone and teeth
- ▶ Healthy immune system with Vitamin C and E, Beta-Carotene, Zinc, Iron and Selenium
- Healthy muscle function with Magnesium
- Improves mood to enjoy the spirit of teenage
- ▶ Ensures quality daily nutrition to all Teenage boys
- Energy through the conversion of food to fuel with vitamins B6 and B12, Thiamine, Riboflavin and Niacin

Dosage & Administration

For teen boys, 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 megaloblastic anaemia where Vitamin B12 is deficient.

Contraindication

Contraindicated in patients with a known hypersensitivity to any of the ingredients.

Drug interaction

No such drug interactions have been reported.

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

Each HDPE container contains 30 tablets.