

Ingredients	per tablet	% NRV*
Vitamin A (RE) (50% as beta-carotene)	800 µg	100%
Vitamin E (α-TE)	18 mg	150%
Vitamin C	120 mg	150%
Vitamin K	30 µg	40%
Thiamine	1.65 mg	150%
Riboflavin	2.1 mg	150%
Vitamin B6	2.1 mg	150%
Vitamin B12	3 µg	120%
Vitamin D	5 µg	100%
Biotin	75 µg	150%
Folic acid	300 µg	150%
Niacin (NE)	24 mg	150%
Pantothenic acid	9 mg	150%
Calcium	162 mg	20%
Phosphorus	125 mg	18%
Magnesium	100 mg	27%
Iron	2.1 mg	15%
Iodine	100 µg	67%
Copper	500 µg	50%
Manganese	2 mg	100%
Chromium	40 µg	100%
Molybdenum	50 µg	100%
Selenium	30 µg	55%
Zinc	5 mg	50%

*NRV: Reference value as specified in the EU Food Information Directive.