

| 1 tablet contains | | % EU RI* per tablet |
|---|---------|---------------------|
| Vitamin A (RE) (25 % as Beta-Carotene) | 800 µg | 100 % |
| Vitamin D | 5 µg | 100 % |
| Vitamin E (α-TE) | 15 mg | 125 % |
| Vitamin K | 30 µg | 40 % |
| Vitamin C | 100 mg | 125 % |
| Thiamin | 1.4 mg | 127 % |
| Riboflavin | 1.7 mg | 125 % |
| Niacin (NE) | 20 mg | 125 % |
| Vitamin B6 | 2 mg | 143 % |
| Folic Acid | 200 µg | 100 % |
| Vitamin B12 | 2.5 µg | 100 % |
| Biotin | 62.5 µg | 125 % |
| Pantothenic Acid | 7.5 mg | 125 % |
| Calcium | 162 mg | 20 % |
| Phosphorus | 125 mg | 18 % |
| Magnesium | 100 mg | 27 % |
| Iron | 5 mg | 36 % |
| Zinc | 5 mg | 50 % |
| Copper | 0.5 mg | 50 % |
| Manganese | 2 mg | 100 % |
| Selenium | 30 µg | 55 % |
| Chromium | 40 µg | 100 % |
| Molybdenum | 50 µg | 100 % |
| Iodine | 100 µg | 67 % |
| * Reference Intake | | |