

Ingredients	per tablet	NRV*
Vitamin A (RE) (25% as beta-carotene)	800 µg	100%
Vitamin E (α-TE)	15 mg	125%
Vitamin C	100 mg	125%
Vitamin K	30 µg	40%
Thiamine	1.4 mg	127%
Riboflavin	1.75 mg	125%
Vitamin B6	2 mg	143%
Vitamin B12	2.5 µg	100%
Vitamin D	5 µg	100%
Biotin	62.5 µg	125%
Folic acid	200 µg	100%
Niacin (NE)	20 mg	125%
Pantothenic Acid	7.5 mg	125%
Calcium	162 mg	20%
Phosphorus	125 mg	18%
Magnesium	100 mg	27%
Iron	5 mg	36%
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.