

Ingredients	per tablet	% NRV*
Vitamin A (RE)	330 (660) µg	41 (83)%
Vitamin E (α-TE)	5 (10) mg	42 (83) %
Vitamin C	50 (100) mg	63 (125) %
Vitamin K	10 (20) µg	13 (27) %
Thiamine	0.5 (1) mg	45 (91) %
Riboflavin	0.5 (1) mg	36 (71) %
Vitamin B6	0.5 (1) mg	36 (71) %
Vitamin B12	1 (2) µg	60 (120) %
Vitamin D	3 (6) µg	63 (125) %
Biotin	50 (100) µg	100 (200) %
Folic acid	200 (400) µg	100 (200) %
Niacin (NE)	5 (10) mg	31 (63) %
Pantothenic acid	2.5 (5) mg	42 (83) %
Magnesium	40 (80) mg	11 (21) %
Iron	4.5 (9) mg	32 (64) %
Manganese	0.5 (1) mg	25 (50) %
Selenium	12.5 (25) µg	23 (45) %
Zinc	2.8 (5.6) mg	28 (56) %

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