

| Ingredients | per tablet | % NRV* |
|-------------------------|-------------------|---------------|
| Vitamin A (RE) | 330 µg | 41% |
| Vitamin E (α-TE) | 5 mg | 42% |
| Vitamin C | 50 mg | 63% |
| Vitamin B1 (Thiamin) | 0.5 mg | 45% |
| Vitamin B2 (Riboflavin) | 0.5 mg | 36% |
| Vitamin B6 | 0.5 mg | 36% |
| Vitamin B12 | 1 µg | 40% |
| Vitamin D | 3 µg | 60% |
| Biotin | 50 µg | 100% |
| Folic Acid | 200 µg | 100% |
| Niacin (NE) | 5 mg | 31% |
| Pantothenic Acid | 2.5 mg | 42% |
| Iron | 4.5 mg | 32% |
| Manganese | 0.5 mg | 25% |
| Selenium | 12.5 µg | 23% |
| Zinc | 2.8 mg | 28% |

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