

Ingredients	per tablet	% NRV*
Vitamin A (RE) (50% as beta-carotene)	800 µg	100%
Vitamin E (α-TE)	24 mg	200%
Vitamin C	80 mg	100%
Vitamin K	30 µg	40%
Thiamine	1.65 mg	150%
Riboflavin	2.1 mg	150%
Vitamin B6	2.1 mg	150%
Vitamin B12	7.5 µg	300%
Vitamin D	15 µg	300%
Biotin	75 µg	150%
Folic acid	300 µg	150%
Niacin (NE)	24 mg	150%
Pantothenic acid	9 mg	150%
Calcium	200 mg	25%
Phosphorus	105 mg	15%
Magnesium	135 mg	36%
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	45 µg	82%
Zinc	5 mg	50%

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