

Ingredients	per tablet	% NRV*
Vitamin A (RE) (25% as beta-carotene)	800 µg	100%
Vitamin E (α-TE)	24 mg	200%
Vitamin C	80 mg	100%
Vitamin K	30 µg	40%
Thiamine	1.8 mg	164%
Riboflavin	2.1 mg	150%
Vitamin B6	2.1 mg	150%
Vitamin B12	3 µg	120%
Vitamin D	10 µg	200%
Biotin	62.5 µg	125%
Folic acid	200 µg	100%
Niacin (NE)	20 mg	125%
Pantothenic acid	7.5 mg	125%
Calcium	200 mg	25%
Phosphorus	105 mg	15%
Magnesium	120 mg	32%
Iron	3.75 mg	27%
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.