

1 tablet contains		% EU RI* per tablet
Vitamin A (RE) (50% as Beta-Carotene)	800 µg	100 %
Vitamin D	5 µg	100 %
Vitamin E (α-TE)	27 mg	223 %
Vitamin K	25 µg	33 %
Vitamin C	120 mg	150 %
Thiamin	4.2 mg	382 %
Riboflavin	4.8 mg	343 %
Niacin (NE)	36 mg	225 %
Vitamin B6	6 mg	429 %
Folic Acid	400 µg	200 %
Vitamin B12	18 µg	720 %
Biotin	40 µg	80 %
Pantothenic Acid	10 mg	167 %
Iron	14 mg	100 %
Zinc	7.5 mg	75 %
Copper	0.7 mg	70 %
Manganese	1.8 mg	90 %
Selenium	70 µg	127 %
Chromium	120 µg	300 %
Molybdenum	75 µg	150 %
Iodine	150 µg	100 %
Ginkgo Biloba Extract	60 mg	**
Ginseng Extract	50 mg	**
* Reference Intake		
** No EU RI established.		