

Ingredients	per tablet	% NRV*
Vitamin A (RE) (50% as beta-carotene)	800 µg	100%
Vitamin E (α-TE)	16 mg	133%
Vitamin C	80 mg	100%
Vitamin K	30 µg	40%
Thiamine	1.5 mg	136%
Riboflavin	1.8 mg	129%
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)	20 mg	125%
Pantothenic acid	9 mg	150%
Calcium	340 mg	43%
Phosphorus	105 mg	15%
Magnesium	107 mg	29%
Iron	4.2 mg	30%
Iodine	100 µg	67%
Copper	500 µg	50%
Manganese	2.4 mg	120%
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.