

1 tablet contains		% EU RI* per tablet
Vitamin A (RE) (25 % as Beta-Carotene)	667 µg	83 %
Vitamin D	10 µg	200 %
Vitamin E (α-TE)	16 mg	133 %
Vitamin K	24.5 µg	33 %
Vitamin C	80 mg	100 %
Thiamin	1.32 mg	120 %
Riboflavin	2.1 mg	150 %
Niacin (NE)	16 mg	100 %
Vitamin B6	2.1 mg	150 %
Folic Acid	300 µg	150 %
Vitamin B12	3 µg	120 %
Biotin	62.5 µg	125 %
Pantothenic Acid	7.5 mg	125 %
Calcium	320 mg	40 %
Phosphorus	105 mg	15 %
Magnesium	100 mg	27 %
Iron	10 mg	71 %
Zinc	5 mg	50 %
Copper	0.5 mg	50 %
Selenium	30 µg	55 %
Chromium	40 µg	100 %
Molybdenum	50 µg	100 %
Iodine	100 µg	67 %
* Reference Intake		