

10326628

### Nutritional Information

<b>Ingredient</b>	<b>Per 1 Tablet</b>	<b>% NRV</b>
Vitamin A	200 µg RE	25
Vitamin D3	10 µg	200
Vitamin E	6 mg α-TE	50
Vitamin K1	30 µg	40
Vitamin C	40 mg	50
Thiamin (Vitamin B1)	0.7 mg	64
Riboflavin (Vitamin B2)	0.8 mg	57
Niacin	11 mg NE	69
Vitamin B6	1 mg	71
Folic Acid	130 µg	65
Vitamin B12	1.5 µg	60
Biotin	30 µg	60
Pantothenic Acid	3 mg	50
Calcium	120 mg	15
Magnesium	60 mg	16
Iron	7 mg	50
Zinc	5 mg	50
Selenium	30 µg	55
Chromium	30 µg	75
Iodine	100 µg	67

NRV means Nutrient Reference Value