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Nutritional Information

| Ingredient | Per 1 Tablet | % NRV |
|-------------------------|---------------------|--------------|
| Vitamin D3 | 20 µg | 400 |
| Vitamin E | 12 mg α-TE | 100 |
| Vitamin C | 80 mg | 100 |
| Thiamin (Vitamin B1) | 1.1 mg | 100 |
| Riboflavin (Vitamin B2) | 1.4 mg | 100 |
| Niacin | 16 mg NE | 100 |
| Vitamin B6 | 10 mg | 714 |
| Folic Acid | 200 µg | 100 |
| Vitamin B12 | 10 µg | 400 |
| Biotin | 50 µg | 100 |
| Pantothenic Acid | 6 mg | 100 |
| Zinc | 10 mg | 100 |
| Copper | | 100 |
| Selenium | 55 µg | 100 |
| Collagen | 150 mg | - |

NRV mean Nutrient Reference Value