

<b>Typical Values</b>	<b>Per Daily Dose</b>	<b>(%NRV*)</b>
Vitamin A	750 µg RE	94
Vitamin D	10 µg	200
Vitamin E	20 mg α-TE	167
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	12 mg	1091
Riboflavin (Vitamin B2)	5 mg	357
Niacin	20 mg NE	125
Vitamin B6	9 mg	643
Folic Acid	400 µg	200
Vitamin B12	15 µg	600
Biotin	50 µg	100
Pantothenic Acid	10 mg	167
Magnesium	60 mg	16
Iron	6 mg	43
Zinc	15 mg	150
Copper	1 mg	100
Manganese	3 mg	150
Selenium	150 µg	273
Chromium	50 µg	125
Molybdenum	50 µg	100
Iodine	150 µg	100
Siberian Ginseng Root Extract equivalent to	5 mg	-
Siberian Ginseng	20 mg	-
CoQ10	2 mg	-
Carnitine	30 mg	-
Citrus Bioflavonoids	10 mg	-
Arginine	20 mg	-
Cysteine	20 mg	-
Silicon	10 mg	-
Aminobenzoic Acid	20 mg	-

\* NRV = Nutrient Reference Value