

Nutrition Information

Ingredient	Per Tablet	%NRV
Vitamin A	400 µg RE	50
Vitamin D	10 µg	200
Vitamin E	7 mg a-TE	58
Vitamin C	40 mg	50
Thiamin (Vitamin B1)	0.9 mg	82
Riboflavin (Vitamin B2)	1.3 mg	93
Niacin	16 mg NE	100
Vitamin B6	1.4 mg	100
Folic Acid	200 µg	10
Vitamin B12	1.5 µg	60
Biotin	50 µg	100
Pantothenic Acid	6 mg	100
Calcium	200 mg	25
Magnesium	60 mg	16
Iron	8.7 mg	62
Zinc	10 mg	100
Manganese	0.5 mg	25
Selenium	55 µg	100
Chromium	40 µg	100
Molybdenum	50 µg	100
Iodine	150 µg	100
Lutein	2.4 mg	-

NRV means Nutrient Reference Value