

Nutrition Information:

Ingredient	Per Daily Dose	% NRV
<u>Multivitamin Tablet</u>		
Vitamin D3	15 µg	300
Vitamin E	12 mg α-TE	100
Vitamin K	75 µg	100
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	2.5 mg	227
Riboflavin (Vitamin B2)	2 mg	143
Niacin	20 mg NE	125
Vitamin B6	3 mg	214
Folic Acid	400 µg	200
Vitamin B12	5 µg	200
Biotin	50 µg	100
Pantothenic Acid	6 mg	100
Calcium	200 mg	25
Magnesium	150 mg	40
Iron	14 mg	100
Zinc	15 mg	150
Copper	1 mg	100
Selenium	55 µg	100
Chromium	40 µg	100
Iodine	140 µg	93
Natural Beta Carotene	2 mg	-
Choline	40 mg	-
<u>Omega 3 Capsule</u>		
Fish Body Oil	556 mg	-
providing EPA	50 mg	-
& DHA	233 mg	-

NRV = Nutrient Reference Value