

Nutritional Information

	Av. per 2 Tablets	% EC NRV†
Hi-Grade Marine Collagen	175 mg	-
Alpha Lipoic Acid	40 mg	-
Lycopene Extract	30 mg	-
providing pure Lycopene	2 mg	-
Green Tea Extract	20 mg	-
providing polyphenols	10 mg	-
Grape Seed Extract	15 mg	-
Co-enzyme Q10	5 mg	-
Lutein Esters	4 mg	-
Citrus Bioflavonoids	10 mg	-
Silicon	40 mg	-
Natural Mixed Carotenoids	4 mg	-
Vitamin A (2666 IU)	800 µg RE	100
Vitamin D (as D3 1000 IU)	25 µg	500
Vitamin E	24 mg α-TE	200

	Av. per 2 Tablets	% EC NRV†
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	12 mg	1091
Riboflavin (Vitamin B2)	4 mg	286
Niacin (Vitamin B3)	24 mg NE	150
Vitamin B6	9 mg	643
Folic Acid	400 µg	200
Vitamin B12	20 µg	800
Biotin	50 µg	100
Pantothenic acid	10 mg	167
Magnesium	120 mg	32
Iron	6 mg	43
Zinc	15mg	150
Copper	1000 µg	100
Manganese	2 mg	100
Selenium	110 µg	200
Chromium	60 µg	150

	Av. per 2 Tablets	% EC NRV†
Iodine	150 µg	100
†NRV - Nutrient Reference Value		
µg - microgram, mg - milligram. IU - International Units		