

Nutritional Information

<b>Micronutrient Tablet Nutritional Information</b>	<b>Avg per Tablet</b>	<b>%NRV</b>
Gingko Biloba <i>extract equiv. to</i>	120 mg	-
5-HTP	20 mg	-
L-Arginine	40 mg	-
L-Glutamine	10 mg	-
L-Glutathione	5 mg	-
Coenzyme Q10	10 mg	-
Phosphatidylcholine	10 mg	-
Phosphatidylserine	10 mg	-
Betacarotene	2 mg	-
Vitamin D (as D3 1000IU)	25 µg	500
Vitamin E (natural source)	36 mg α-TE	300
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	25 mg	2273
Riboflavin (Vitamin B2)	3 mg	214
Niacin (Vitamin B3)	32 mg NE	200
Vitamin B6	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	100 µg	4000
Pantothenic Acid	36 mg	600
Magnesium	75 mg	20
Iron	8 mg	57
Zinc	15 mg	150
Copper	250 µg	25
Manganese	2 mg	100
Selenium	110 µg	200
Chromium	40 µg	100
Iodine	150 µg	100

\* NRV – Nutrient Reference Value, mg – milligram, µg – microgram, IU – International Units