

Nutrition Information

TABLET

Typical Values	Per Tablet	%NRV*
Vitamin A	800 µg RE	100
Vitamin D	5 µg	100
Vitamin E	100 mg a-TE	83
Vitamin K	20 µg	27
Vitamin C	60 mg	75
Thiamin (Vitamin B1)	1.4 mg	127
Riboflavin (Vitamin B2)	1.6 mg	114
Niacin	18 mg NE	113
Vitamin B6	2 mg	143
Folic Acid	200 µg	100
Vitamin B12	1 µg	40
Biotin	150 µg	300
Pantothenic Acid	6 mg	100
Calcium	200 mg	25
Phosphorus	145 mg	21
Magnesium	100 mg	27
Iron	14 mg	100
Zinc	15 mg	150
Copper	1 mg	100
Manganese	1 mg	50
Selenium	25 µg	45
Chromium	25 µg	63
Iodine	150 µg	100
OMEGA-3 CAPSULE		
Average Values	Per Capsule	%NRV
Fish Oil	615 mg	
Providing Omega-3 Nutrients	356 mg	
Of which EPA	188 mg	
Of which DHA	124 mg	
Fish Collagen	84 g	
Vitamin D	10 µg	200
Vitamin C	20 mg	25

NRV = Nutrition Reference Value