

Ingredient	Per Tablet	% NRV
Vitamin A	800 µg RE	100
Vitamin D3	10 µg	200
Vitamin E	12 mg a-TE	100
Vitamin K	75 µg	100
Vitamin C	80 mg	100
Thiamine (Vitamin B1)	1.1 mg	100
Riboflavin (Vitamin B2)	1.4 mg	100
Niacin	16 mg NE	100
Vitamin B6	1.4 mg	100
Folic Acid	200 µg	100
Vitamin B12	2.5 µg	100
Biotin	50 µg	100
Pantothenic acid	6 mg	100
Calcium	200 mg	25
Magnesium	100 mg	27
Iron	14 mg	100
Zinc	10 mg	100
Copper	1 mg	100
Manganese	2 mg	100
Selenium	55 µg	100
Chromium	40 µg	100
Molybdenum	50 µg	100
Iodine	150 µg	100

NRV means Nutrient Reference Value