

**Nutrition Information:**

<b>Ingredient</b>	<b>Per 1 Tablet</b>	<b>% NRV</b>
<b>Multivitamin Tablet</b>		
Vitamin A	750 µg RE	94
Vitamin D3	20 µg	400
Vitamin E	30 mg α-TE	250
Vitamin C	45 mg	56
Thiamin (Vitamin B1)	10 mg	909
Riboflavin (Vitamin B2)	5 mg	357
Niacin	20 mg NE	125
Vitamin B6	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	9 µg	360
Biotin	30 µg	60
Pantothenic Acid	30 mg	500
Calcium	200 mg	25
Magnesium	100 mg	27
Iron	6 mg	43
Zinc	15 mg	150
Copper	1 mg	100
Manganese	0.5 mg	25
Selenium	100 µg	182
Chromium	50 µg	125
Iodine	225 µg	150
Soy Isoflavone Extract	100 mg	-
PABA	25 mg	-
<b>Botanical Tablet</b>		
Calcium	200 mg	25
Sage Extract	250 mg	-
Soy Isoflavone	100 mg	-
Green Tea Extract	55 mg	-
Typical Polyphenols	33 mg	-
Typical Catechins	22 mg	-
Typical EGCG*	13.75 mg	-
Flaxseed Extract	50 mg	-

NRV means Nutrient Reference Value