

Ingredients	per tablet	%NRV*
Vitamin A (RE) (50% as Beta-Carotene)	800 µg	100%
Vitamin D	15 µg	300%
Vitamin E (α-TE)	24 mg	200%
Vitamin K	30 µg	40%
Vitamin C	80 mg	100%
Thiamin	1.7 mg	150%
Riboflavin	2.1 mg	150%
Niacin (NE)	24 mg	150%
Vitamin B6	2.1 mg	150%
Folic Acid	300 µg	150%
Vitamin B12	7.5 µg	300%
Biotin	75 µg	150%
Pantothenic Acid	9 mg	150%
Calcium	200 mg	25%
Phosphorus	105 mg	15%
Magnesium	135 mg	36%
Iron	2.1 mg	15%
Zinc	5 mg	50%
Copper	0.5 mg	50%
Selenium	45 µg	82%
Chromium	40 µg	100%
Molybdenum	50 µg	100%
Iodine	100 µg	67%

*NRV: Reference value as specified in the GB / EU Food Information Directive.