

Ingredients	per tablet	%NRV*
Vitamin A (RE) (25% as Beta-Carotene)	667 µg	83%
Vitamin D	10 µg	200%
Vitamin E (α-TE)	16 mg	133%
Vitamin K	24.5 µg	33%
Vitamin C	80 mg	100%
Thiamine	1.32 mg	120%
Riboflavin	2.1 mg	150%
Niacin (NE)	16 mg	100%
Vitamin B6	2.1 mg	150%
Folic Acid	300 µg	150%
Vitamin B12	3 µg	120%
Biotin	62.5 µg	125%
Pantothenic Acid	7.5 mg	125%
Calcium	320 mg	40%
Phosphorus	105 mg	15%
Magnesium	100 mg	27%
Iron	10 mg	71%
Zinc	5 mg	50%
Copper	0.5 mg	50%
Selenium	30 µg	55%
Chromium	40 µg	100%
Molybdenum	50 µg	100%
Iodine	100 µg	67%

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