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Nutrition Information:

Ingredient	Per Tablet	% NRV
Vitamin D3	10 µg	200
Vitamin E	40 mg α-TE	333
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	8 mg	727
Riboflavin (Vitamin B2)	4 mg	286
Niacin	20 mg NE	125
Vitamin B6	8 mg	571
Folic Acid	200 µg	100
Vitamin B12	10 µg	400
Biotin	60 µg	120
Pantothenic Acid	40 mg	667
Magnesium	75 mg	20
Iron	12 mg	86
Zinc	10 mg	100
Copper	1 mg	100
Manganese	0.5 mg	25
Selenium	100 µg	182
Chromium	50 µg	125
Iodine	150 µg	100
Natural Beta Carotene	2 mg	-
Cysteine	10 mg	-
Grapeseed Extract	16 mg	-
providing Proanthocyanidins	14 mg	-

NRV means Nutrient Reference Value