

Ingredient	Per Tablet	% NRV
Vitamin A	400 µg RE	50
Vitamin D3	25 µg	500
Vitamin E	40 mg α-TE	333
Vitamin C	500 mg	625
Thiamin (Vitamin B1)	18 mg	1636
Riboflavin (Vitamin B2)	6 mg	429
Niacin	24 mg NE	150
Vitamin B6	10 mg	714
Folic Acid	200 µg	100
Vitamin B12	15 µg	600
Biotin	50 µg	100
Pantothenic Acid	10 mg	167
Magnesium	60 mg	16
Iron	8 mg	57
Zinc	25 mg	250
Copper	0.5 mg	50
Manganese	2 mg	100
Selenium	180 µg	327
Chromium	100 µg	250
Iodine	150 µg	100

NRV means Nutrient Reference Value

