

10256969

Typical Values	Per Daily Dose	(%NRV*)
Vitamin A	800 µg RE	100
Vitamin D	15 µg	300
Vitamin E	15 µg α-TE	125
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	14 mg	1273
Riboflavin (Vitamin B2)	4 mg	286
Niacin	36 mg NE	225
Vitamin B6	9 mg	643
Folic Acid	200 µg	100
Vitamin B12	20 µg	800
Biotin	50 µg	100
Pantothenic Acid	10 mg	167
Calcium	160 mg	20
Magnesium	75 mg	20
Iron	6 mg	43
Zinc	15 mg	150
Copper	1 mg	100
Manganese	0.5 mg	25
Selenium	150 µg	273
Chromium	75 µg	188
Iodine	150 µg	100
Silicon	10 mg	-
Siberian Ginseng Root Extract equivalent to	20 mg	-
Siberian Ginseng	80 mg	-
CoQ10	2 mg	-
Carnitine	10 mg	-
Citrus Bioflavonoids	10 mg	-
Lutein	2 mg	-
Arginine	20 mg	-
Creatine Monohydrate	50 mg	-
Cysteine	20 mg	-
Aminobenzoic Acid	10 mg	-

\* NRV = Nutrient Reference Value