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Nutrition Information:

Typical Values	Per Daily Dose	%NRV*
Vitamin A	600 µg RE	75
Vitamin D3	10 µg	200
Vitamin E	8 mg α-TE	67
Vitamin C	60 mg	75
Flaxseed Oil (Omega 3)	48 mg	-
providing		
Alpha-linolenic acid (ALA)	20 mg	-

*NRV means Nutrient Reference Value