

10272977

Nutrition Information

A-Z Tablet

Ingredient	Per Tablet	%NRV
Vitamin A	800 µg RE	100
Vitamin D3	20 µg	400
Vitamin E	12 mg α-TE	100
Vitamin K	25 µg	33
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	1.1 mg	100
Riboflavin (Vitamin B2)	5 mg	357
Niacin	16 mg NE	100
Vitamin B6	2 mg	143
Folic Acid	200 µg	100
Vitamin B12	25 µg	1000
Biotin	100 µg	200
Pantothenic Acid	10 mg	167
Calcium	200 mg	25
Magnesium	60 mg	16
Iron	14 mg	100
Zinc	10 mg	100
Copper	1 mg	100
Manganese	1 mg	50
Selenium	100 µg	182
Chromium	60 µg	150
Molybdenum	50 µg	100
Iodine	150 µg	100
Co-Enzyme Q10	10 mg	-

NRV means Nutrient Reference Value

Omega 3 Algae Capsule

Nutritional Information	Per Tablet	% NRV
Algal Oil	556 mg	-
providing Omega 3	305 mg	-
of which EPA	83 mg	-
& DHA	167 mg	-

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