

Nutrition Information

Perfectil Original Capsule

	Av. per capsule	%EC NRV*
Vitamin D (as D3 200 IU)	5 µg	100
Vitamin E (Natural Source)	40 mg α-TE	333
Vitamin C	60 mg	75
Thiamin (Vit. B1)	8 mg	727
Riboflavin (Vit. B2)	4 mg	286
Niacin (Vit. B3)	18 mg NE	113
Vitamin B6	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	9 µg	360
Biotin	45 µg	90
Pantothenic acid	40 mg	667
Magnesium	75 mg	20
Iron	12 mg	86
Zinc	15 mg	150
Copper	1000 µg	100

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Manganese	0.5 mg	25
Selenium	100 µg	182
Chromium	50 µg	125
Iodine	200 µg	133
L-Cysteine	10 mg	-
Natural Mixed Carotenoids	2 mg	-
Grape Seed Extract (95% Proanthoxyanidins)	15 mg	-

* NRV - Nutrient Reference Value

mg - milligram, µg - microgram, IU - International Units

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Biotin	105 µg	210
Omega 3 Fish Oil	300 mg	-
Providing:		
DHA (Docosahexaenoic acid)	150 mg	-
EPA (Eicosapentaenoic acid)	30 mg	-
Starflower Oil	200 mg	-
Blackcurrant Seed Oil	50 mg	-
Together providing		
Omega-6 Fatty Acids	121 mg	-
Lutein Esters	6 mg	-
Tomato Extract	6 mg	-

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Providing pure Lycopene	0.4mg	-
Co-enzyme Q10	5 mg	-