

Nutrition Information:

Ingredient	Per 1 Tablet	% NRV
Vitamin D3	10 µg	200
Vitamin E	12 mg α-TE	100
Vitamin K	11 µg	15
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	1.1 mg	100
Riboflavin (Vitamin B2)	1.4 mg	100
Niacin	16 mg NE	100
Vitamin B6	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	2.5 µg	100
Biotin	50 µg	100
Pantothenic Acid	6 mg	100
Magnesium	60 mg	16
Iron	14 mg	100
Zinc	10 mg	100
Copper	1 mg	100
Manganese	0.5 mg	25
Selenium	55 µg	100
Inositol	25 mg	-

NRV means Nutrient Reference Value