

Nutrition Information:

Ingredient	Per 1 Tablet	% NRV
Vitamin D3	20 µg	400
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	200 µg	100
Vitamin B12	10 µg	400
Biotin	50 µg	100
Pantothenic Acid	6 mg	100
Calcium	400 mg	50
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
Lutein	2 mg	-

NRV means Nutrient Reference Value