

Nutritional information

80 Caplets

Mean analysis

Serving size (4 tablets)

Servings Per Container 20

	Per serving size (4 tablets)
Vitamin A	1200 µg (150%*)
Vitamin D	25 µg (500%*)
Vitamin E	60 mg (500%)
Vitamin K	100 µg (133%*)
Vitamin C	1000 mg (1250%*)
Vitamin B1	25 mg (2273%*)
Vitamin B2	25 mg (1786%*)
Niacin	48 mg (300%*)
Vitamin B6	9.5 mg (679%*)
Folic acid	400 µg (200%*)
Vitamin B12	33 µg (1320%*)
Biotin	450 µg (900%*)
Pantothenic acid	18 mg (300%*)
Potassium	300 mg (15%*)
Calcium	225 mg (28%*)
Phosphorus	105 mg (15%*)
Magnesium	200 mg (53%*)
Zinc	15 mg (150%*)
Copper	1 mg (100%*)
Manganese	1 mg (50%*)
Selenium	40 µg (73%*)
Chrome	60 µg (150%*)
Molybdenum	7.9 µg (16%*)
Iodine	79.5 µg (53%*)
Inositol	20 mg -
Choline	100 mg -

*RI = Reference Intake

Ingredients: bulking agent: microcrystalline cellulose; L-ascorbic acid (vitamin C), potassium citrate, tricalcium phosphate, magnesium oxide, choline bitartrate, D-alpha tocopheryl acetate (vitamin E), zinc gluconate, inositol, coating (coating agents: hydroxy-propyl- methyl cellulose, glycerol, talc, shellac; colour: titanium dioxide), anti-caking agents: magnesium salts of fatty acids, silicon dioxide; nicotinamide (niacin), cyanocobalamin (vitamin B12), thiamin hydrochloride (vitamin B1), riboflavin (vitamin B2), calcium D-pantothenate (pantothenic acid), retinyl acetate (vitamin A), pyridoxine hydrochloride (vitamin B6), cholecalciferol (vitamin D), manganese gluconate, L-selenomethionine, copper gluconate, phytomenadione (vitamin K), chromium picolinate, D-biotin, pteroyl-monoglutamic acid (folic acid), sodium molybdate, potassium iodide.

How to use: take 4 tablets a day with water.