

| <b>Nutrient</b>                       | <b>Quantity</b> | <b>% EU NRV per tablet</b> |
|---------------------------------------|-----------------|----------------------------|
| Vitamin A (RE) (50% as Beta-Carotene) | 800 µg          | 100 %                      |
| Vitamin D                             | 30 µg           | 600 %                      |
| Vitamin E (α-TE)                      | 24 mg           | 200 %                      |
| Vitamin K                             | 30 µg           | 40 %                       |
| Vitamin C                             | 80 mg           | 100 %                      |
| Thiamine                              | 1.7 mg          | 150 %                      |
| Riboflavin                            | 2.1 mg          | 150 %                      |
| Niacin (NE)                           | 24 mg           | 150 %                      |
| Vitamin B6                            | 2.1 mg          | 150 %                      |
| Folic Acid                            | 300 µg          | 150 %                      |
| Vitamin B12                           | 7.5 µg          | 300 %                      |
| Biotin                                | 75 µg           | 150 %                      |
| Pantothenic Acid                      | 9.0 mg          | 150 %                      |
| Calcium                               | 200 mg          | 25 %                       |
| Phosphorous                           | 105 mg          | 15 %                       |
| Magnesium                             | 135 mg          | 36 %                       |
| Iron                                  | 2.1 mg          | 15 %                       |
| Zinc                                  | 1.5 mg          | 15 %                       |
| Copper                                | 0.5 mg          | 50 %                       |
| Chromium                              | 40 µg           | 100 %                      |
| Selenium                              | 55 µg           | 100 %                      |
| Molybdenum                            | 50 µg           | 100 %                      |
| Iodine                                | 100 µg          | 67 %                       |

\*NRV = Nutrient Reference Value, reference value as specified in the EU Food Information Directive.