

**Næringsindhold pr tablet i mængde og procent af anbefalet RI\***

|                 |                  |
|-----------------|------------------|
| Vitamin A       | 800 µg = 100% RI |
| Thiamin (B1)    | 1,1 mg = 100% RI |
| Riboflavin (B2) | 1,4 mg = 100% RI |
| Vitamin B6      | 1,4 mg = 100% RI |
| Vitamin B12     | 2,5 µg = 100% RI |
| Folsyre         | 200 µg = 100% RI |
| Niacin          | 16 mg = 100% RI  |
| Pantothensyre   | 6 mg = 100% RI   |
| Vitamin C       | 80 mg = 100% RI  |
| Vitamin D3      | 5 µg = 100% RI   |
| Vitamin E       | 12 mg = 100% RI  |
| Jern            | 14 mg = 100% RI  |
| Zink            | 10 mg = 100% RI  |
| Kobber          | 1,0 mg = 100% RI |
| Jod             | 150 µg = 100% RI |
| Mangan          | 2,0 mg = 100% RI |
| Chrom           | 40 µg = 100% RI  |
| Selen           | 55 µg = 100% RI  |
| Molybdæn        | 50 µg = 100% RI  |

\*RI = Referenceindtag