

Supplement facts

Each tablet contains (average)		% RDA
Vitamin A (2664 I.U.)	800µg	100
Beta carotene 10% prep	400µg	*
Vitamin D (200I.U.)	6µg	125
Vitamin E (10I.U.)	10mg	100
Vitamin C	60mg	100
Thiamin (Vit.B1)	1.8mg	129
Riboflavin (Vit.B2)	2mg	125
Niacin	20mg	111
Vitamin B6 (Pyridoxine)	2.5mg	125
Folacin	400µg	200
Vitamin B12	2µg	200
Biotin	0.15mg	100
Pantothenic acid	5mg	83
Vitamin K	33µg	*
Calcium	175mg	22
Iron	14mg	100
Magnesium	100mg	33
Zinc	15mg	100
Iodine	160µg	107
Copper	2.6mg	*
Manganese	2.6mg	*
Potassium	44mg	*
Chloride	40mg	*
Selenium	28µg	*
RDA - EC Recommended Daily Allowance		

Ingredients: Tri-Calcium Phosphate, Magnesium Oxide, Potassium Chloride, L-Ascorbic Acid, Ferrous Fumarate**, Microcrystalline Cellulose, Hydroxy Propyl Cellulose, Vitamin E acetate prep (dl-alpha tocopherol), Natural Brown Colour, Nicotinamide, Zinc Oxide, Silicon Dioxide, Veg. Stearic Acid, Vitamin A Acetate prep, Manganese Sulphate***, Calcium-D-Pantothenate, Veg. Magnesium Stearate, Pyridoxine Hydrochloride, Veg. Glycerine, Riboflavin, Copper Sulphate, Thiamine, Vitamin D2 (Ergocalciferol), Lutein, Vitamin K1, Folic Acid, Potassium Iodide, D-Biotin, Chromium Chloride, Sodium Molybdate, Sodium Selenite, vitamin B12. ** This product contains iron, which if taken in excess, may be harmful to very young children *** Long term intake of this amount of manganese may lead to muscle pain and fatigue.