

Nutrient	Per 1 Tablet	Unit	% NRV
Vitamin D	10	µg	200
Vitamin K	75	µg	100
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	1.4	mg	100
Folic Acid	400	µg	200
Vitamin B12	2.5	µg	100
Biotin	50	µg	100
Pantothenic Acid	6	mg	100
Calcium	200	mg	25
Magnesium	150	mg	40
Iron	14	mg	100
Zinc	10	mg	100
Copper	1	mg	100
Selenium	55	µg	100
Chromium	40	µg	100
Iodine	140	µg	93
Ginger Root Extract	68.5	mg	-
equivalent to Dried Ginger Root	1	g	-

NRV means Nutrient Reference Value.