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Nutritional Information

Ingredient	Per 1 Tablet	% NRV
Vitamin D3	20 µg	400
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	6 mg	546
Riboflavin (Vitamin B2)	7 mg	500
Niacin	80 mg NE	500
Vitamin B6	10 mg	714
Folic Acid	200 µg	100
Vitamin B12	10 µg	400
Biotin	50 µg	100
Pantothenic Acid	6 mg	100
Magnesium	60 mg	16
Iron	14 mg	100
Zinc	10 mg	100
Siberian Ginseng Root Extract	300 mg	-

NRV means Nutrient Reference Value