

10335453

Nutrition Information

Ingredient	Per 1 Tablet	% NRV
Vitamin D3	20 µg	400
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	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	10 µg	400
Biotin	50 µg	100
Magnesium	60 mg	16
Iron	14 mg	100
Zinc	10 mg	100
Red Clover Extract	50 mg	-
providing Isoflavones	10 mg	-
Maca Root Extract	100 mg	-
equivalent to Dried Maca Root	1000 mg	-
Siberian Ginseng Root Extract	2.6 mg	-
equivalent to Siberian Ginseng	10.4 mg	-
Ashwagandha Extract	120 mg	-
equivalent to Ashwagandha Root	1200 mg	-

NRV means Nutrient Reference Value