

## Nutritional Information

	<b>Av. per 3 Tablets</b>	<b>% EC NRV‡</b>
Hydrolysed Marine Collagen	200 mg	-
L-Cysteine	100 mg	-
L-Methionine	50 mg	-
Myo-Inositol	90 mg	-
Grape Seed Extract (95% Proanthocyanidins)	5 mg	-
Silica	129 mg	-
Betacarotene	3 mg	-
Vitamin D (as D3 800 IU)	20 µg	400
Vitamin E (Natural Source)	60 mg α-TE	500
Vitamin C	60 mg	75
Thiamin (Vitamin B1)	10 mg	909
Riboflavin (Vitamin B2)	8 mg	571
Niacin (Vitamin B3)	36 mg NE	225
Vitamin B6	10 mg	714

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Folic Acid	400 µg	200
Vitamin B12	20 µg	800
Biotin	150 µg	300
Pantothenic Acid	90 mg	1500
Magnesium	60 mg	16
Iron	14 mg	100
Zinc	15 mg	150
Copper	1000 µg	100
Manganese	2 mg	100
Selenium	150 µg	273
Chromium	50 µg	125
Iodine	150 µg	100
‡NRV = Nutrient Reference Value, µg - microgram, mg - milligram, IU - International Units		