

Multi-tabs Family

| Næringsindhold | Per daglig dosis (1 tablet) | RI% |
|-------------------------|-----------------------------|------|
| Vitamin A | 400 µg | 50% |
| Vitamin D | 5 µg | 100% |
| Vitamin E | 12 mg | 100% |
| Vitamin K | 75 µg | 100% |
| Vitamin C | 80 mg | 100% |
| Vitamin B1 (Thiamin) | 0,87 mg | 79% |
| Vitamin B2 (Riboflavin) | 1,4 mg | 100% |
| Niacin | 16 mg | 100% |
| Vitamin B6 | 1,15 mg | 82% |
| Folsyre | 200 µg | 100% |
| Vitamin B12 | 2,5 µg | 100% |
| Biotin | 50 µg | 100% |
| Pantothensyre | 6 mg | 100% |
| Magnesium | 75 mg | 20% |
| Jern | 10 mg | 71% |
| Zink | 10 mg | 100% |
| Kobber | 1000 µg | 100% |
| Mangan | 2 mg | 100% |
| Selen | 55 µg | 100% |
| Krom | 40 µg | 100% |
| Jod | 150 µg | 100% |

RI = Referenceindtag