

Multi-tabs Woman 50+

Næringsindhold	Per daglig dosis (1 tablet)	RI%
Vitamin A	800 µg	100%
Vitamin D	15 µg	300%
Vitamin E	16 mg	133%
Vitamin K	30 µg	40%
Vitamin C	80 mg	100%
Vitamin B1 (Thiamin)	1,5 mg	136%
Vitamin B2 (Riboflavin)	1,8 mg	129%
Niacin	20 mg	125%
Vitamin B6	2,1 mg	150%
Folsyre	300 µg	150%
Vitamin B12	7,5 µg	300%
Biotin	75 µg	150%
Pantothensyre	9 mg	150%
Calcium	340 mg	43%
Phosphor	105 mg	15%
Magnesium	107 mg	29%
Jern	4,2 mg	30%
Zink	5 mg	50%
Kobber	0,5 mg	50%
Mangan	2,4 mg	120%
Selen	30 µg	55%
Krom	40 µg	100%
Molybdæn	50 µg	100%
Jod	100 µg	67%

RI = Referenceindtag