

## Multi-tabs Breastfeeding

Næringsindhold	Per daglig dosis (1 tablet)	RI%
Vitamin A (RE) 100% beta-caroten	500 µg	63%
Vitamin E	12 mg	100%
Vitamin C	100 mg	125%
Vitamin B1 (Thiamin)	1,4 mg	127%
Vitamin B2 (Riboflavin)	1,7 mg	121%
Vitamin B6	1,9 mg	136%
Vitamin B12	2,6 µg	104%
Vitamin D	13 µg	250%
Biotin	35 µg	70%
Folsyre	400 µg	200%
Niacin (NE)	22 mg	138%
Pantothensyre	6 mg	100%
Calcium	140 mg	18%
Magnesium	60 mg	16%
Jern	27 mg	193%
Zink	11 mg	110%
Kobber	0,5 mg	50%
Mangan	2 mg	100%
Selen	30 µg	55%
Krom	40 µg	100%
Jod	175 µg	117%

Næringsindhold	Per daglig dosis (1 kapsel)	RI%
Fiskeolie	442 mg	-
- heraf: DHA	200 mg	-
- heraf: EPA	40 mg	-
Vitamin E	12 mg	100%

RI = Referenceindtag