

Multi-tabs Man

Næringsindhold	Per daglig dosis (1 tablet)	RI%
Vitamin A	800 µg	100%
Vitamin D	10 µg	200%
Vitamin E	24 mg	200%
Vitamin K	30 µg	40%
Vitamin C	80 mg	100%
Vitamin B1 (Thiamin)	1,8 mg	164%
Vitamin B2 (Riboflavin)	1 mg	150%
Niacin	20 mg	125%
Vitamin B6	2,1 mg	150%
Folsyre	200 µg	100%
Vitamin B12	3 µg	120%
Biotin	62,5 µg	125%
Pantothensyre	7,5 mg	125%
Calcium	200 mg	25%
Phosphor	105 mg	15%
Magnesium	120 mg	32%
Jern	3,75 mg	27%
Zink	5 mg	50%
Kobber	0,5 mg	50%
Mangan	2 mg	100%
Selen	30 µg	55%
Krom	40 µg	100%
Molybdæn	50 µg	100%
Jod	100 µg	67%

RI = Referenceindtag