

## Multi-tabs Man 50+

Næringsindhold	Per daglig dosis (1 tablet)	RI%
Vitamin A	800 µg	100%
Vitamin D	15 µg	300%
Vitamin E	24 mg	200%
Vitamin K	30 µg	40%
Vitamin C	80 mg	100%
Vitamin B1 (Thiamin)	1,65 mg	150%
Vitamin B2 (Riboflavin)	2,1 mg	150%
Niacin	24 mg	150%
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	200 mg	25%
Phosphor	105 mg	15%
Magnesium	135 mg	36%
Jern	2,1 mg	15%
Zink	5 mg	50%
Kobber	0,5 mg	50%
Mangan	2 mg	100%
Selen	45 µg	82%
Krom	40 µg	100%
Molybdæn	50 µg	100%
Jod	100 µg	67%

RI = Referenceindtag