

## Multi-tabs Pregnant Multivitamin

Næringsindhold	Per daglig dosis (1 tablet)	RI%
Vitamin D	10 µg	200%
Vitamin E	10 mg	83%
Vitamin K	70 µg	93%
Vitamin C	85 mg	106%
Vitamin B1 (Thiamin)	1,5 mg	136%
Vitamin B2 (Riboflavin)	1,6 mg	114%
Niacin	17 mg	106%
Vitamin B6	1,4 mg	100%
Folsyre	400 µg	200%
Vitamin B12	2 µg	80%
Pantothensyre	6 mg	100%
Magnesium	90 mg	24%
Jern	15 mg	107%
Zink	8 mg	80%
Kobber	0,4 mg	40%
Mangan	1,8 mg	90%
Selen	60 µg	109%
Krom	25 µg	63%
Jod	75 µg	50%

RI = Referenceindtag