

[illegible]

Alcoholic Strength	NA
Suitable for vegetarians	YES
Suitable for vegans	NO
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	NO
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	NO
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES

## Nutritional Information

**Serving Size: 2 Tablets**

**Servings per Container: 30**

	Per Serving	%NRV*
Vitamin A	800µg RE	100%
Vitamin D3	50µg	1000%
Vitamin E	12mg α-TE	100%
Vitamin K2 (MK-7)	80µg	107%
Vitamin C	80mg	100%
Thiamine (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	16mg NE	100%
Vitamin B6	2.8mg	200%
Folic Acid	200µg	100%
Vitamin B12	12.5µg	500%
Biotin	50µg	100%
Pantothenic Acid (B5)	6mg	100.00%
Calcium	91.75mg	11.00%
Magnesium	56.25mg	15%
Iron	10.5mg	75%
Zinc	10mg	100%
Copper	1.2mg	120%

Manganese	2mg	100%
Selenium	110µg	200%
Chromium	40µg	100%
Iodine	150µg	100%
Maca Root (from 50mg of 10:1 extract)	500mg	**
Lutein (from Marigold)	2mg	**
CoEnzyme Q10	2mg	**
Zeaxanthin (from Marigold)	167µg	**
* Nutrient Reference Value ** No NRV established		