

Amount per tablet	% NRV
Vitamin A	400 µg RE 50%
Vitamin C	50 mg 63%
Vitamin D	2,8 µg 56%
Vitamin E	7,5 mg α-TE 63%
Thiamin Mononitrate	1,6 mg 145%
Riboflavin	1,5 mg 107%
Niacin	6,75 mg NE 42%
Vitamin B-6	1,6 mg 114%
Folic Acid	100 µg 50%
Vitamin B-12	5 µg 200%
D-Biotin	30 µg 60%
Pantothenic Acid	2,5 mg 42%
Iodine	50 µg 33%
Zinc	4 mg 40%
Selenium	10 µg 18%
Manganese	0,5 mg 25%
Chromium	10 µg 25%
PABA	5 mg *
Choline Bitartrate	5 mg *
Rutin	5 mg *
Inositol	1 mg *
Hesperidin	0,5 mg *
Lemon Bioflavonoids	0,5 mg *

NRV — Nutrient Reference Value (EU Regulation 1169/2011) \*no NRV established

**INGREDIENTS:** Sucrose, Natural Orange Flavours, Vitamin C (L-Ascorbic Acid), Acidity Modifier Sodium Gluconate, Sweetener Steviol Glycosides, Acidity Modifier Citric Acid, Niacinamide, Calcium Carbonate, Natural Colour Turmeric Root Powder, Vitamin A (Beta-Carotene), Zinc Sulphate, Vitamin E (D-Alpha-Tocopheryl Acid Succinate (**Soya**)), Magnesium Carbonate, Anti-Caking Agent Magnesium Stearate, Rutin, PABA, Choline Bitartrate, PhytoZyme® proprietary mixture (contains concentrated powders of Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Blueberry, Carrots, Broccoli, Spinach, Cauliflower, Kale, Asparagus, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Watercress, Zucchini, Lima Beans, Maitake Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), D-Biotin, Calcium-D-Pantothenate, Vitamin B-6 (Pyridoxine HCl), Thiamin Mononitrate (Vitamin B-1), Manganese Sulphate, Folic Acid (Pteroylmonoglutamic Acid), Riboflavin (Vitamin B-2), Inositol, Hesperidin, Lemon Bioflavonoids Rind Powder, Cupric Sulphate, Chromium Picolinate, Potassium Iodide, Anti-Caking Agent Silica, Sodium Selenite, Sodium Molybdate, Vitamin K-1 (Phytomenadione), Vitamin B-12 (Cyanocobalamin), Vitamin D-3 (Cholecalciferol).

**INTAKE:** Adults and Children 4 or more Years: Chew one tablet daily as a general vitamin and mineral supplement.

**Caution:** Do not exceed recommended daily amount. When using as a supplement for small children, an adult should supervise its use so as to avoid potential choking. Food supplements should not be used as a substitute for a varied diet. As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

Store in a cool dry place and keep out of reach of young children.

This product was not tested on animals.