

Typical values	per 2 capsules	% RDA
Vitamin A	800 µg	100
Vitamin D <sub>3</sub>	25 µg	500
Tocotrienols (DeltaGold®)	3 mg	
Vitamin K2-MK7	5 µg	7
Vitamin C	200 mg	250
Thiamin	12 mg	1,091
Riboflavin	10 mg	714
Niacin	20 mg	125
Vitamin B <sub>6</sub>	10 mg	714
Folic Acid	400 µg	200
Vitamin B <sub>12</sub>	50 µg	2,000
Biotin	150 µg	300
Pantothenic Acid	10 mg	167
Magnesium	100 mg	27
Iron	6 mg	43
Zinc	15 mg	150
Copper	1 mg	100
Manganese	1 mg	50
Selenium	150 µg	273
Chromium	200 µg	500
Boron	1 mg	
Choline	10 mg	
Coenzyme Q10	10 mg	
Grapeseed	50 mg	
Inositol	10 mg	
Lutein Esters	1 mg	
Quercetin	10 mg	
LactoSpore®	100,000,000 spores	

RDA (Recommended Dietary Allowance) where given is based on reference intake values from Regulation (EU) No 1169/2011 of October 2011.