

A-Z MULTIVITAMIN & MINERAL WITH ACIDOPHILUS & BIFIDUS & COQ10

ACTIVE INGREDIENTS PER ONE CAPSULE	AMOUNT	% NRV *
Vitamin A	800µg RE	100%
Vitamin D3	25µg	500%
Vitamin E	12mg TE	100%
Vitamin K1	75µg	100%
Vitamin C	80mg	100%
Thiamin (Vitamin B1)	1.1mg	100%
Riboflavin (Vitamin B2)	1.4mg	100%
Niacin	16mg NE	100%
Vitamin B6	1.4mg	100%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Biotin	50µg	100%
Pantothenic Acid	6mg	15%
Calcium	120mg	15%
Magnesium	56.25mg	15%

Iron	14mg	100%
Zinc	10mg	100%
Copper	1mg	100%
Manganese	2mg	100%
Selenium	55µg	100%
Chromium	40µg	100%
Molybdenum	50µg	100%
Iodine	150µg	100%
Coenzyme Q10	20mg	†
Silicon	20mg	†
Boron	10mg	†

Lab4 Consortium

<i>Lactobacillus acidophilus</i> (CUL60)		†
<i>Lactobacillus acidophilus</i> (CUL21)	2.5 billion viable cells	†
<i>Bifidobacterium bifidum</i> (CUL20)		†
<i>Bifidobacterium animalis subsp. lactis</i> (CUL34)		†

*NRV – Nutrient Reference Value

† NRV not established