

Nutrition-Information - Omega 3 1 Kapsel (*RDA)

Omega-3-Fettsäuren	300 mg
davon:	
Eicosapentaensäure (EPA)	180 mg
Docosahexaensäure (DHA)	120 mg

Nutrition-Information - Vitamins & minerals 1 Tablette (*RDA)

Vitamin A	917 µg (115%*)
Vitamin B1	2,1 mg (191%*)
Vitamin B2	2,4 mg (171%*)
Vitamin B6	3,00 mg (214%*)
Vitamin B12	3 µg (120%*)
Vitamin C	120 mg (150%*)
Vitamin D3	5 µg (200IU) (100%*)
Vitamin E	12 mg (100%*)
Biotin	150 µg (300%*)
Niacin	18 mg (113%*)
Vitamin B5	6 mg (100%*)
Folsäure	300 µg (150%*)
Vitamin K1	30 µg (40%*)
Eisen	5 mg (36%*)
Kalcium	200 mg (25%*)
Chrom	60 µg (150%*)
Jod	100 µg (67%*)
Kupfer	1 mg (100%*)
Mangan	2 mg (100%*)
Molybdän	80 µg (160%*)
Magnesium	100 mg (27%*)
Zink	5 mg (50%*)
Selen	30 µg (55%*)
Lutein	1 mg (not specified*)
Silicon	2 µg (not specified*)
Coenzyme Q10	5 mg (not specified*)

***RDA - Recommended Dietary Allowance**