

Deutsch		
Nährwertinformation		
	pro Tablette	% NRV <sup>[1]</sup>
<b>Vitamine</b>		
Betakarotin	2 mg	41%
Vitamin D3	5 µg	100%
Vitamin E	11 mg	92%
Vitamin B1	1 mg	91%
Vitamin B2	1.9 mg	136%
Vitamin B6	1.8 mg	129%
Vitamin B12	4.5 µg	180%
Niacin	16 mg	100%
Folsäure	550 µg	275%
Pantothensäure	6 mg	100%
Biotin	40 µg	80%
Vitamin C	85 mg	106%
<b>Mineralstoffe</b>		
Calcium	150 mg	19%
Magnesium	60 mg	16%
Eisen	19 mg	136%
Zink	5 mg	50%
Kupfer	1 mg	100%
Iod	150 µg	100%
Selen	60 µg	109%
<small>(1) Nutritional Reference Value</small>		
<small>Anteil in % der empfohlenen Tagesdosis</small>		

Français		
Information nutritionnelle		
	Par comprimé	% NRV <sup>[1]</sup>
<b>Vitamines</b>		
Bêta-carotène	2 mg	41%
Vitamine D3	5 µg	100%
Vitamine E	11 mg	92%
Vitamine B1	1 mg	91%
Vitamine B2	1.9 mg	136%
Vitamine B6	1.8 mg	129%
Vitamine B12	4.5 µg	180%
Niacine	16 mg	100%
Acide folique	550 µg	275%
Acide pantothénique	6 mg	100%
Biotine	40 µg	80%
Vitamine C	85 mg	106%
<b>Minéraux</b>		
Calcium	150 mg	19%
Magnésium	60 mg	16%
Fer	19 mg	136%
Zinc	5 mg	50%
Cuivre	1 mg	100%
Iode	150 µg	100%
Sélénium	60 µg	109%
<small>(1) valeurs nutritionnelles de référence</small>		
<small>Pourcentage de la dose quotidienne recommandée</small>		

Italiano		
Informazioni nutrizionali		
	Per compressa	% NRV <sup>[1]</sup>
<b>Vitamine</b>		
Beta-carotene	2 mg	41%
Vitamina D3	5 µg	100%
Vitamina E	11 mg	92%
Vitamina B1	1 mg	91%
Vitamina B2	1.9 mg	136%
Vitamina B6	1.8 mg	129%
Vitamina B12	4.5 µg	180%
Niacina	16 mg	100%
Acido folico	550 µg	275%
Acido pantotenico	6 mg	100%
Biotina	40 µg	80%
Vitamina C	85 mg	106%
<b>Sali minerali</b>		
Calcio	150 mg	19%
Magnesio	60 mg	16%
Ferro	19 mg	136%
Zinco	5 mg	50%
Rame	1 mg	100%
Iodio	150 µg	100%
Selenio	60 µg	109%
<small>(1) Nutritional Reference Value</small>		
<small>percentuale della dose giornaliera raccomandata</small>		

English		
Nutritional information		
	per tablet	% NRV <sup>[1]</sup>
<b>Vitamins</b>		
Beta-carotene	2 mg	41%
Vitamin D3	5 µg	100%
Vitamin E	11 mg	92%
Vitamin B1	1 mg	91%
Vitamin B2	1.9 mg	136%
Vitamin B6	1.8 mg	129%
Vitamin B12	4.5 µg	180%
Niacin	16 mg	100%
Folic acid	550 µg	275%
Pantothenic acid	6 mg	100%
Biotin	40 µg	80%
Vitamin C	85 mg	106%
<b>Minerals</b>		
Calcium	150 mg	19%
Magnesium	60 mg	16%
Iron	19 mg	136%
Zinc	5 mg	50%
Copper	1 mg	100%
Iodine	150 µg	100%
Selenium	60 µg	109%
<small>(1) Nutritional Reference Value</small>		
<small>Percentage of the recommended daily dose</small>		