

BioCeuticals Multi Essentials Tablets 90

Ingredients:

Each tablet contains:

Vitamins:	
Betacarotene	4 mg
Ascorbic acid (vitamin C)	100 mg
d-alpha tocopheryl acid succinate	82.6 mg
equiv. to vitamin E	100 IU
Tocopherols concentrate - mixed (low-alpha type)	14.7 mg
Retinol acetate	431.2 micrograms
equiv. to vitamin A	375 micrograms retinol equivalents
Thiamine hydrochloride (vitamin B1)	50 mg
Riboflavin (vitamin B2)	50 mg
Nicotinamide (vitamin B3)	200 mg
Pyridoxine hydrochloride	50 mg
equiv. to pyridoxine (vitamin B6)	41.1 mg
Cyanocobalamin (vitamin B12)	400 micrograms
Folic acid (vitamin B9)	400 micrograms
Biotin	100 micrograms
Colecalciferol	2.5 micrograms
equiv. to vitamin D3	100 IU
Phytomenadione (vitamin K1)	30 micrograms
Calcium pantothenate	100 mg
equiv. to pantothenic acid (vitamin B5)	91.6 mg
equiv. to calcium	8.39 mg
Minerals:	
Calcium (as citrate)	50 mg
Boron (as borax)	1 mg
Chromium (as nicotinate)	50 micrograms
Copper (as copper gluconate)	200 micrograms
Magnesium (as oxide)	25 mg
Manganese (as amino acid chelate)	1 mg
Molybdenum (as molybdenum trioxide)	75 micrograms
Selenium (selenium 100 micrograms)	26 micrograms
Zinc (as amino acid chelate)	10 mg
Nutrients:	
Citrus bioflavonoids	50 mg
Choline bitartrate	50 mg
equiv. to choline	20 mg
Inositol (myo-inositol)	50 mg