

Active Ingredients		
Typical Values	%Reference Intake*	Per Daily Serving

Biotin	300	150µg
Selenium	100	55µg
Vitamin A	100	800µg
Vitamin B6	100	1.4mg
Vitamin D3	100	5.0µg
Vitamin E	100	12mg
Zinc	100	10mg
Vitamin C	100	80mg
Vitamin B12	100	2.5µg

Glucose Syrup, Sucrose, Water, Vitamin C, Gelling Agent (Pectin), Apple Juice Concentrate, Blueberry Juice Concentrate, Acid (Citric Acid, Lactic Acid), Zinc Citrate, Selenium, Acidity Regulators (Sodium Citrate, Sodium Hexametaphosphate), Natural Flavourings, Vitamin E, Colour (Anthocyanins), Glazing Agents (Vegetable Oil, Carnauba Wax), Vitamin B12, Vitamin A, Vitamin B6, Vitamin D3, Biotin.

Produced in a facility which also handles Fish, Crustaceans, Soybeans and Milk.

Do not exceed the stated recommended daily dose. This product should not be used as a substitute for a varied, balanced diet and a healthy lifestyle. Keep out of the reach of young children.

Not recommended for pregnant, breastfeeding, or menopausal women.