|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sestavine | | V dnevnem odmerku – (1 šum. tbl.) | | % PDV/RDA\*\* |
| vitamin A | | 400 μg | | 50 % |
| biotin | | 75 μg | | 150 % |
| vitamin B1 | | 1,65 mg | | 150 % |
| vitamin B2 | | 2,1 mg | | 150 % |
| vitamin B6 | | 2,1 mg | | 150 % |
| vitamin B12 | | 3,75 μg | | 150 % |
| vitamin C | | 200 mg | | 250 % |
| vitamin D | | 5 μg | | 100 % |
| vitamin E | | 12 mg (α-TE) | | 100 % |
| folna kislina | | 400 μg | | 200 % |
| vitamin K | | 20 μg | | 27 % |
| niacin | | 16 mg NE | | 100 % |
| pantotenska kislina | 6 mg | | 100 % | |
| kalcij | 200 mg | | 25 % | |
| magnezij | 100 mg | | 27 % | |
| fosfor | 125 mg | | 18 % | |
| krom | 12 μg | | 30 % | |
| jod | 100 μg | | 67 % | |
| molibden | 12,5 μg | | 25 % | |
| selen | 30 μg | | 55 % | |
| cink | 5 mg | | 50 % | |

\* Referenčne vrednosti hranil po EU direktivi 1169/2011