

EU Nutrient Reference Values

Vitamin

Vitamin A	800 mcg / 2664 IU
Vitamin D	5 mcg / 200 IU
Vitamin E	12 mg / 17.9 IU
Vitamin K	75 mcg
Vitamin C	80mg
Thiamin	1.1 mg
Riboflavin	1.4 mg
Niacin	16 mg
Vitamin B6	1.4 mg
Folic Acid	200 mcg
Vitamin B12	2.5 mcg
Biotin	50 mcg
Pantothenic Acid	6 mg

Mineral

	EU NRV
Potassium	2000 mg
Chloride	800 mg
Calcium	800 mg
Phosphorus	700 mg
Magnesium	375 mg
Iron	14 mg
Zinc	10 mg
Copper	1 mg
Manganese	2 mg
Fluoride	3.5 mg
Selenium	55 mcg
Chromium	40 mcg
Molybdenum	50 mcg
Iodine	150 mcg



Vegetarian +
Sustainable +
Organic +

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