

	1 capsule provides	% EU NRV
Alpha lipoic acid	5.0 mg	
Bio-Pine TM	19.5 mg	25%
Blend of Pine Bark, Apple Pectin & Beta Carotene		
Co Enzyme Q10	5.0 mg	
Copper	0.5 mg	50%
d-Biotin	25µg	50%
Folacin	50µg	25%
Grapeseed extract	5.0 mg	
Providing: Anthocyanidins	4.75 mg	
Horsetail extract	5.0 mg	
Equivalent to: Whole Equisetum arvense herb	20.0 mg	
Providing: Silica	100µg	
Iron	2.5 mg	18%
L-Lysine hydrochloride	30.0 mg	
L-Tyrosine	10.0 mg	
Methyl sulphonylmethane	5.0 mg	
Niacin	10.0 mg	63%
Panthenic acid	5.0 mg	83%
Pectin	8.3 mg	
Resveratrol	5.0 mg	
Selenium	25µg	45%
Spirulina	100.0 mg	
Vitamin A (Retinol)	150 µg	19%
Vitamin B12 (Cyanocobalamin)	10µg	400%
Vitamin B6 (Pyridoxine)	3.0 mg	214%
Vitamin C (Ascorbic Acid)	100.0 mg	125%
Vitamin D2 (Ergocalciferol)	1.7 µg	34%
Vitamin E (D-Alpha Tocopheryl)	12.0 mg	100%
Zinc	10.0 mg	100%
* EU Nutrient Reference Values		