

| Actieve stoffen | Tablet 1 (beige-spikkel) | | | Tablet 2 (wit) | | | Tablet 3 (beige) | | | Tablet 4 (donkerblauw) | | | Tablet 5 (roze) | | | Tablet 6 (oranje-roze) | | | Tablet 7 (blauw) | | |
|---------------------|--------------------------------------|----|------|--------------------------------------|----|------|--------------------------------------|----|------|--------------------------------------|----|------|--------------------------------------|----|------|--------------------------------------|----|------|--------------------------------------|----|------|
| | Hoeveelheid actieve stof per capsule | | *RI% | Hoeveelheid actieve stof per capsule | | *RI% | Hoeveelheid actieve stof per capsule | | *RI% | Hoeveelheid actieve stof per capsule | | *RI% | Hoeveelheid actieve stof per capsule | | *RI% | Hoeveelheid actieve stof per capsule | | *RI% | Hoeveelheid actieve stof per capsule | | *RI% |
| Vitamine A | 240,0 | µg | 30 | 1200,0 | µg | 150 | 480,0 | µg | 60 | 800,0 | µg | 100 | 1120,0 | µg | 140 | 720,0 | µg | 90 | 1040,0 | µg | 130 |
| Vitamine B1 | 1,5 | mg | 140 | 0,9 | mg | 80 | 1,3 | mg | 120 | 1,8 | mg | 160 | 0,7 | mg | 60 | 1,4 | mg | 130 | 0,1 | mg | 10 |
| Vitamine B2 | 1,0 | mg | 70 | 0,7 | mg | 50 | 2,2 | mg | 160 | 1,1 | mg | 80 | 1,3 | mg | 90 | 0,8 | mg | 60 | 2,7 | mg | 190 |
| Niacine (B3) | 11,2 | mg | 70 | 28,8 | mg | 180 | 14,4 | mg | 90 | 6,4 | mg | 40 | 16,0 | mg | 100 | 12,8 | mg | 80 | 22,4 | mg | 140 |
| Pantotheenzuur (B5) | 9,0 | mg | 150 | 6,6 | mg | 110 | 5,4 | mg | 90 | 3,6 | mg | 60 | 2,4 | mg | 40 | 4,8 | mg | 80 | 10,2 | mg | 170 |
| Vitamine B6 | 1,2 | mg | 85 | 0,2 | mg | 15 | 0,8 | mg | 60 | 0,8 | mg | 58 | 0,6 | mg | 40 | 0,6 | mg | 45 | 0,6 | mg | 40 |
| Biotine | 50,0 | µg | 100 | 80,0 | µg | 160 | 75,0 | µg | 150 | 25,0 | µg | 50 | 15,0 | µg | 30 | 25,0 | µg | 50 | 80,0 | µg | 160 |
| Foliumzuur | 100,0 | µg | 50 | 180,0 | µg | 90 | 140,0 | µg | 70 | 180,0 | µg | 90 | 260,0 | µg | 130 | 280,0 | µg | 140 | 260,0 | µg | 130 |
| Vitamine B12 | 0,4 | µg | 15 | 4,1 | µg | 165 | 6,8 | µg | 270 | 0,4 | µg | 15 | 3,8 | µg | 150 | 6,8 | µg | 270 | 1,5 | µg | 60 |
| Vitamine C | 64,0 | mg | 80 | 112,0 | mg | 140 | 32,0 | mg | 40 | 24,0 | mg | 30 | 96,0 | mg | 120 | 88,0 | mg | 110 | 144,0 | mg | 180 |
| Vitamine D3 | 45,0 | µg | 900 | 10,0 | µg | 200 | 12,5 | µg | 250 | 15,0 | µg | 300 | 35,0 | µg | 700 | 20,0 | µg | 400 | 5,0 | µg | 100 |
| Vitamine E | 2,4 | mg | 20 | 21,6 | mg | 180 | 6,0 | mg | 50 | 9,6 | mg | 80 | 14,4 | mg | 120 | 20,4 | mg | 170 | 9,6 | mg | 80 |
| Vitamine K1 | 22,5 | µg | 30 | 71,3 | µg | 95 | 37,5 | µg | 50 | 7,5 | µg | 10 | 60,0 | µg | 80 | 22,5 | µg | 30 | 41,3 | µg | 55 |
| Calcium | 48,0 | mg | 6 | 96,0 | mg | 12 | 64,0 | mg | 8 | 157,6 | mg | 20 | 176,0 | mg | 22 | 173,9 | mg | 22 | 226,8 | mg | 28 |
| Chroom | 48,0 | µg | 120 | 40,0 | µg | 100 | 32,0 | µg | 80 | 68,0 | µg | 170 | 16,0 | µg | 40 | 28,0 | µg | 70 | 48,0 | µg | 120 |
| IJzer | 15,4 | mg | 110 | 7,0 | mg | 50 | 12,6 | mg | 90 | 18,2 | mg | 130 | 19,6 | mg | 140 | 23,8 | mg | 170 | 1,4 | mg | 10 |
| Jodium | 150,0 | µg | 100 | 165,3 | µg | 110 | 180,4 | µg | 120 | 160,1 | µg | 100 | 135,1 | µg | 90 | 120,1 | µg | 80 | 140,4 | µg | 94 |
| Kalium | 0,1 | mg | 0 | 0,1 | mg | 0 | 0,1 | mg | 0 | 0,1 | mg | 0 | 0,1 | mg | 0 | 0,1 | mg | 0 | 0,1 | mg | 0 |
| Koper | 1700,0 | µg | 170 | 800,0 | µg | 80 | 1400,0 | µg | 140 | 1100,0 | µg | 110 | 600,0 | µg | 60 | 1200,0 | µg | 120 | 200,0 | µg | 20 |
| Magnesium | 131,3 | mg | 35 | 112,5 | mg | 30 | 28,1 | mg | 8 | 84,7 | mg | 23 | 56,3 | mg | 15 | 80,0 | mg | 21 | 32,2 | mg | 9 |
| Mangaan | 1,0 | mg | 50 | 0,6 | mg | 31 | 1,0 | mg | 50 | 0,9 | mg | 43 | 0,5 | mg | 23 | 0,5 | mg | 23 | 1,0 | mg | 50 |
| Molybdeen | 80,0 | µg | 160 | 65,0 | µg | 130 | 85,0 | µg | 170 | 75,0 | µg | 150 | 25,0 | µg | 50 | 15,0 | µg | 30 | 5,0 | µg | 10 |
| Selenium | 49,5 | µg | 90 | 22,0 | µg | 40 | 11,0 | µg | 20 | 77,0 | µg | 140 | 93,5 | µg | 170 | 22,0 | µg | 40 | 110,0 | µg | 200 |
| Zink | 9,0 | mg | 90 | 17,0 | mg | 170 | 11,0 | mg | 110 | 7,0 | mg | 70 | 15,0 | mg | 150 | 8,0 | mg | 80 | 3,0 | mg | 30 |