

# Methylcobalamin, Antioxidant, Multivitamin, Multimineral with Grape seed extract Tablets

## VITO-MC™

Nutritional Food Supplement					
Nutritional Information (Approximate Values)					
<b>Each serving of one Coated Tablet contains:</b>					
Composition	Approx Per Serving	% of RDA*	Composition	Approx Per Serving	% of RDA*
Energy	3 kcal	***	<b>Vitamins:</b>		
Total Carbohydrate	0.2 g	***	Vitamin B6	1.5 mg	62
Carbohydrate (as Sugar)	0.2 g	***	Vitamin A	600 mcg	60
Protein	0 g	***	Folic Acid	300 mcg	100
Fat	0 g	***	Biotin	40 mcg	100
<b>Natural Extract:</b>			Methylcobalamin	2.2 mcg	100
Grape Seed Extract	50 mg	***	VitaminD3	400 IU	66.66
<b>Vitamins:</b>			<b>Minerals:</b>		
Vitamin C	80 mg	100	Zinc	10 mg	59
Vitamin B3	18 mg	100	Magnesium	250 mg	57
Vitamin E	10 mg	100	Calcium	160 mg	16
Vitamin B5	5 mg	100	Iron	19 mg	100
Vitamin B2	1.5 mg	60	Copper	1.25 mcg	74
Vitamin B1	1.4 mg	77	Chromium	33 mcg	66

\* % of RDA calculated based on ICMR Guidelines 2020