



DISCOVER THE 145 HEALTH EFFECTS OF 26 VITAMINS + MINERALS

Every Qota meal delivers 26 essential vitamins and minerals. Getting your full complement of vitamins and minerals ensures you're operating at your very best and delivers 145 health benefits, scientifically approved and evaluated by Australian Food Standards, relating to:

- BRAIN FUNCTION
- BONE STRUCTURE
- MUSCLE FUNCTION
- SKIN, HAIR + NAILS (incl. collagen formation and protection from free radicals)
- IMMUNE SYSTEM
- ELECTROLYTE BALANCE
- VISION
- CARDIAC FUNCTION
- ENERGY, AND REDUCTION IN TIREDNESS + FATIGUE

*Amount delivered is based on one serve of Qota Vegan powder.

*RDI = Recommended Daily Intake

*ESADDI = Estimated Safe and Adequate Daily Dietary Intake.

BRAIN FUNCTION

Health Benefit #1	Iodine is necessary for normal neurological function
Active Substance	Iodine
Amount required	25% RDI
Amount delivered	37.5ug (25% RDI)
Health Benefit #2	Iodine contributes to normal cognitive function
Active Substance	Iodine
Amount required	25% RDI
Amount delivered	37.5ug (25% RDI)
Health Benefit #3	Iron contributes to normal cognitive function
Active Substance	Iron
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #4	Magnesium contributes to normal psychological function
Active Substance	Magnesium
Amount required	25% RDI
Amount delivered	80.0mg (25% RDI)
Health Benefit #5	Zinc contributes to normal cognitive function
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)

Health Benefit #6	Biotin contributes to normal psychological function
Active Substance	Biotin
Amount required	17% ESADDI
Amount delivered	5.0ug (17% ESADDI)
Health Benefit #7	Folate contributes to normal psychological function
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)
Health Benefit #8	Niacin is necessary for normal neurological function
Active Substance	Niacin
Amount required	25% RDI
Amount delivered	2.5mg (25% RDI)
Health Benefit #9	Niacin contributes to normal psychological function
Active Substance	Niacin
Amount required	25% RDI
Amount delivered	2.5mg (25% RDI)
Health Benefit #10	Pantothenic Acid contributes to normal mental performance
Active Substance	Pantothenic Acid
Amount required	17% ESADDI
Amount delivered	0.8mg (17% ESDDAI)
Health Benefit #11	Thiamin contributes to normal psychological function
Active Substance	Thiamin
Amount required	25% RDI
Amount delivered	0.3mg (25% RDI)
Health Benefit #12	Vitamin B6 contributes to normal psychological function
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #13	Vitamin B12 is necessary for normal neurological structure and function
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #14	Vitamin B12 contributes to normal psychological function
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #15	Vitamin C is necessary for normal neurological function
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #16	Copper is necessary for normal neurological function
Active Substance	Copper
Amount required	17% ESADDI
Amount delivered	0.5mg (17% ESADDI)
Health Benefit #17	Vitamin C contributes to normal psychological function
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)

CELL FUNCTION

Health Benefit #18	Calcium contributes to normal cell division
Active Substance	Calcium
Amount required	25% RDI
Amount delivered	198mg (25% RDI)
Health Benefit #19	Copper contributes to cell protection from free radical damage
Active Substance	Copper
Amount required	17% ESADDI
Amount delivered	0.5mg (17% ESADDI)
Health Benefit #20	Iron
Active Substance	Iron is necessary for normal cell division
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #21	Magnesium is necessary for normal cell division
Active Substance	Magnesium
Amount required	25% RDI
Amount delivered	80.0mg (25% RDI)
Health Benefit #22	Manganese contributes to cell protection from free radical damage
Active Substance	Manganese
Amount required	17% ESADDI
Amount delivered	850ug (17% ESADDI)
Health Benefit #23	Phosphorous is necessary for the normal cell membrane structure
Active Substance	Phosphorous
Amount required	25% RDI
Amount delivered	250mg (25% RDI)
Health Benefit #24	Selenium is necessary for cell protection from some types of free radical damage
Active Substance	Selenium
Amount required	25% RDI
Amount delivered	17.3ug (25% RDI)
Health Benefit #25	Zinc is necessary for normal cell division
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #26	Zinc contributes to cell protection from free radicals
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #27	Folate is necessary for normal cell division
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)
Health Benefit #28	Riboflavin contributes to the protection of cells from oxidative stress
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)

Health Benefit #29	Vitamin A is necessary for normal cell differentiation
Active Substance	Vitamin A
Amount required	25% RDI
Amount delivered	190ug (25% RDI)
Health Benefit #30	Vitamin B6 contributes to normal red blood cell formation
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #31	Vitamin B12 is necessary for normal cell division
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #32	Vitamin C contributes to cell protection from free radical damage
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #33	Vitamin D contributes to normal cell division
Active Substance	Vitamin D
Amount required	25% RDI
Amount delivered	2.5ug (25% RDI)
Health Benefit #34	Vitamin E contributes to cell protection from free radical damage
Active Substance	Vitamin E
Amount required	25% RDI
Amount delivered	2.5mg (25% RDI)

ENERGY AND METABOLISM

Health Benefit #35	Calcium contributes to the normal function of digestive enzymes
Active Substance	Calcium
Amount required	25% RDI
Amount delivered	198mg (25% RDI)
Health Benefit #36	Calcium contributes to normal energy metabolism
Active Substance	Calcium
Amount required	25% RDI
Amount delivered	198mg (25% RDI)
Health Benefit #37	Chromium contributes to normal macronutrient metabolism
Active Substance	Chromium
Amount required	17% ESADDI
Amount delivered	34.0ug (17% ESADDI)
Health Benefit #38	Copper contributes to normal iron transport and metabolism
Active Substance	Copper
Amount required	17% ESADDI
Amount delivered	0.5mg (17% ESADDI)
Health Benefit #39	Copper is necessary for normal energy production
Active Substance	Copper
Amount required	17% ESADDI
Amount delivered	0.5mg (17% ESADDI)

Health Benefit #40	Iodine is necessary for normal energy metabolism
Active Substance	Iodine
Amount required	25% RDI
Amount delivered	37.5ug (25% RDI)
Health Benefit #41	Iron is necessary for normal oxygen transport
Active Substance	Iron
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #42	Iron contributes to normal energy production
Active Substance	Iron
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #43	Iron contributes to the reduction of tiredness and fatigue
Active Substance	Iron
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #44	Magnesium contributes to normal energy metabolism
Active Substance	Magnesium
Amount required	25% RDI
Amount delivered	80.0mg (25% RDI)
Health Benefit #45	Magnesium is necessary for normal electrolyte balance
Active Substance	Magnesium
Amount required	25% RDI
Amount delivered	80.0mg (25% RDI)
Health Benefit #46	Magnesium contributes to a reduction of tiredness and fatigue
Active Substance	Magnesium
Amount required	25% RDI
Amount delivered	80.0mg (25% RDI)
Health Benefit #47	Magnesium is necessary for normal protein synthethis
Active Substance	Magnesium
Amount required	25% RDI
Amount delivered	80.0mg (25% RDI)
Health Benefit #48	Manganese contributes to normal energy metabolism
Active Substance	Manganese
Amount required	17% ESADDI
Amount delivered	850ug (17% ESADDI)
Health Benefit #49	Molybdenum contributes to normal suplhur amino acid metabolism
Active Substance	Molybdenum
Amount required	17% ESADDI
Amount delivered	42.5ug (17% ESADDI)
Health Benefit #50	Phosphorous is necessary for normal energy metabolism
Active Substance	Phosphorous
Amount required	25% RDI
Amount delivered	250mg (25% RDI)
Health Benefit #51	Zinc contributes to normal acid-base metabolism
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)

Health Benefit #52	Zinc contributes to normal carbohydrate metabolism
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #53	Zinc contributes to normal macronutrient metabolism
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #54	Zinc contributes to normal metabolism of fatty acids
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #55	Zinc contributes to normal metabolism of vitamin A
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #56	Biotin contributes to normal fat metabolism and energy production
Active Substance	Biotin
Amount required	17% ESADDI
Amount delivered	5.0ug (17% ESADDI)
Health Benefit #57	Biotin contributes to normal macronutrient metabolism
Active Substance	Biotin
Amount required	17% ESADDI
Amount delivered	5.0ug (17% ESADDI)
Health Benefit #58	Folate contributes to normal amino acid synthesis
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)
Health Benefit #59	Folate contributes to normal homocysteine metabolism
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)
Health Benefit #60	Folate contributes to the reduction of tiredness and fatigue
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)
Health Benefit #61	Niacin is necessary for normal energy release from food
Active Substance	Niacin
Amount required	25% RDI
Amount delivered	2.5mg (25% RDI)
Health Benefit #62	Niacin contributes to the reduction of tiredness and fatigue
Active Substance	Niacin
Amount required	25% RDI
Amount delivered	2.5mg (25% RDI)
Health Benefit #63	Pantothenic Acid is necessary for normal fat metabolism
Active Substance	Pantothenic Acid
Amount required	17% ESADDI
Amount delivered	0.8mg (17% ESDDAI)

Health Benefit #64	Pantothenic Acid contributes to normal energy production
Active Substance	Pantothenic Acid
Amount required	17% ESADDI
Amount delivered	0.8mg (17% ESDAAI)
Health Benefit #65	Pantothenic Acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
Active Substance	Pantothenic Acid
Amount required	17% ESADDI
Amount delivered	0.8mg (17% ESDAAI)
Health Benefit #66	Pantothenic Acid contributes to the reduction of tiredness and fatigue
Active Substance	Pantothenic Acid
Amount required	17% ESADDI
Amount delivered	0.8mg (17% ESDAAI)
Health Benefit #67	Riboflavin contributes to normal iron transport and metabolism
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #68	Riboflavin contributes to normal energy release from food
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #69	Riboflavin contributes to the reduction of tiredness and fatigue
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #70	Thiamin is necessary for normal carbohydrate metabolism
Active Substance	Thiamin
Amount required	25% RDI
Amount delivered	0.3mg (25% RDI)
Health Benefit #71	Thiamin contributes to normal energy production
Active Substance	Thiamin
Amount required	25% RDI
Amount delivered	0.3mg (25% RDI)
Health Benefit #72	Vitamin A contributes to normal iron metabolism
Active Substance	Vitamin A
Amount required	25% RDI
Amount delivered	190ug (25% RDI)
Health Benefit #73	Vitamin B6 is necessary for normal protein metabolism
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #74	Vitamin B6 is necessary for normal iron transport and metabolism
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)

Health Benefit #75	Vitamin B6 contributes to normal cysteine synthesis
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #76	Vitamin B6 contributes to normal energy metabolism
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #77	Vitamin B6 contributes to normal homocysteine metabolism
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #78	Vitamin B6 contributes to normal glycogen metabolism
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #79	Vitamin B6 contributes to the reduction of tiredness and fatigue
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #80	Vitamin B12 contributes to normal energy metabolism
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #81	Vitamin B12 contributes to the reduction of tiredness and fatigue
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #82	Vitamin C contributes to iron absorption from food
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #83	Vitamin C contributes to normal energy metabolism
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #84	Vitamin C contributes to the reduction of tiredness and fatigue
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #85	Vitamin C is necessary for normal absorption and utilisation of calcium and phosphorus
Active Substance	Vitamin D
Amount required	25% RDI
Amount delivered	2.5ug (25% RDI)
Health Benefit #86	Vitamin B12 contributes to normal homocysteine metabolism
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)

Health Benefit #87 Zinc contributes to normal protein synthesis
Active Substance Zinc
Amount required 25% RDI
Amount delivered 3.0mg (25% RDI)

FERTILITY

Health Benefit #88 Selenium contributes to normal sperm production
Active Substance Selenium
Amount required 25% RDI
Amount delivered 17.3ug (25% RDI)

Health Benefit #89 Zinc contributes to normal fertility and reproduction
Active Substance Zinc
Amount required 25% RDI
Amount delivered 3.0mg (25% RDI)

Health Benefit #90 Zinc contributes to the maintenance of normal testosterone levels in the blood
Active Substance Zinc
Amount required 25% RDI
Amount delivered 3.0mg (25% RDI)

HEALTHY SKIN + NAILS

Health Benefit #91 Copper is necessary for normal skin and hair colouration
Active Substance Copper
Amount required 17% ESADDI
Amount delivered 0.5mg (17% ESADDI)

Health Benefit #92 Selenium contributes to the maintenance of normal hair and nails
Active Substance Selenium
Amount required 25% RDI
Amount delivered 17.3ug (25% RDI)

Health Benefit #93 Zinc contributes to the maintenance of normal hair and nails
Active Substance Zinc
Amount required 25% RDI
Amount delivered 3.0mg (25% RDI)

Health Benefit #94 Biotin contributes to maintenance of normal hair
Active Substance Biotin
Amount required 17% ESADDI
Amount delivered 5.0ug (17% ESADDI)

Health Benefit #95 Iodine contributes to the maintenance of normal skin
Active Substance Iodine
Amount required 25% RDI
Amount delivered 37.5ug (25% RDI)

Health Benefit #96	Zinc contributes to normal skin structure and wound healing
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #97	Biotin contributes to maintenance of normal skin and mucous membranes
Active Substance	Biotin
Amount required	17% ESADDI
Amount delivered	5.0ug (17% ESADDI)
Health Benefit #98	Niacin is necessary for normal structure and function of skin and mucous membranes
Active Substance	Niacin
Amount required	25% RDI
Amount delivered	2.5mg (25% RDI)
Health Benefit #99	Riboflavin contributes to normal skin and mucous membrane structure and function
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #100	Vitamin A is necessary for normal skin and mucous membrane structure and function
Active Substance	Vitamin A
Amount required	25% RDI
Amount delivered	190ug (25% RDI)
Health Benefit #101	Vitamin C contributes to normal collagen formation for the normal function of skin
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)

BALANCED HORMONES

Health Benefit #102	Iodine is necessary for normal production of thyroid hormones
Active Substance	Iodine
Amount required	25% RDI
Amount delivered	37.5ug (25% RDI)
Health Benefit #103	Selenium is necessary for the normal utilisation of iodine in the production of thyroid hormones
Active Substance	Selenium
Amount required	25% RDI
Amount delivered	17.3ug (25% RDI)
Health Benefit #104	Vitamin B6 contributes to the regulation of hormonal activity
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)

HEART HEALTH

Health Benefit #105 Thiamin is necessary for normal neurological and cardiac function
Active Substance Thiamin
Amount required 25% RDI
Amount delivered 0.3mg (25% RDI)

NERVE, MUSCLE + BONE HEALTH

Health Benefit #106 Calcium is necessary for normal teeth and bone structure
Active Substance Calcium
Amount required 25% RDI
Amount delivered 198mg (25% RDI)

Health Benefit #107 Calcium is necessary for normal nerve and muscle function
Active Substance Calcium
Amount required 25% RDI
Amount delivered 198mg (25% RDI)

Health Benefit #108 Copper contributes to normal connective tissue structure
Active Substance Copper
Amount required 17% ESADDI
Amount delivered 0.5mg (17% ESADDI)

Health Benefit #109 Magnesium is necessary for normal nerve and muscle function
Active Substance Magnesium
Amount required 25% RDI
Amount delivered 80.0mg (25% RDI)

Health Benefit #110 Magnesium is necessary for teeth and bone structure
Active Substance Magnesium
Amount required 25% RDI
Amount delivered 80.0mg (25% RDI)

Health Benefit #111 Manganese contributes to normal bone structure
Active Substance Manganese
Amount required 17% ESADDI
Amount delivered 850ug (17% ESADDI)

Health Benefit #112 Manganese contributes to normal connective tissue structure
Active Substance Manganese
Amount required 17% ESADDI
Amount delivered 850ug (17% ESADDI)

Health Benefit #113 Phosphorous is necessary for normal teeth and bone structure
Active Substance Phosphorous
Amount required 25% RDI
Amount delivered 250mg (25% RDI)

Health Benefit #114 Zinc contributes to the maintenance of normal bones
Active Substance Zinc
Amount required 25% RDI
Amount delivered 3.0mg (25% RDI)

Health Benefit #115 Vitamin C is necessary for normal connective tissue structure and function
Active Substance Vitamin C
Amount required 25% RDI
Amount delivered 10.0mg (25% RDI)

Health Benefit #116 Vitamin C contributes to normal collagen formation for the normal structure of cartilage and bones
Active Substance Vitamin C
Amount required 25% RDI
Amount delivered 10.0mg (25% RDI)

Health Benefit #117 Vitamin C contributes to normal collagen formation for the normal function of teeth and gums
Active Substance Vitamin C
Amount required 25% RDI
Amount delivered 10.0mg (25% RDI)

Health Benefit #118 Vitamin D is necessary for normal bone structure
Active Substance Vitamin D
Amount required 25% RDI
Amount delivered 2.5ug (25% RDI)

Health Benefit #119 Vitamin D contributes to the maintenance of normal muscle function
Active Substance Vitamin D
Amount required 25% RDI
Amount delivered 2.5ug (25% RDI)

Health Benefit #120 Vitamin D contributes to the maintenance of normal teeth
Active Substance Vitamin D
Amount required 25% RDI
Amount delivered 2.5ug (25% RDI)

Health Benefit #121 Vitamin K contributes to normal bone structure
Active Substance Vitamin K
Amount required 25% ESADDI
Amount delivered 19.9ug (25% ESADDI)

Health Benefit #122 Biotin contributes to normal functioning of the nervous system
Active Substance Biotin
Amount required 17% ESADDI
Amount delivered 5.0ug (17% ESADDI)

Health Benefit #123 Riboflavin contributes to normal functioning of the nervous system
Active Substance Riboflavin
Amount required 25% RDI
Amount delivered 0.4mg (25% RDI)

Health Benefit #124 Vitamin B6 contributes to normal functioning of the nervous system
Active Substance Vitamin B6
Amount required 25% RDI
Amount delivered 0.4mg (25% RDI)

VISION

Health Benefit #125	Zinc contributes to the maintenance of normal vision
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #126	Riboflavin contributes to the maintenance of normal vision
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #127	Vitamin A is necessary for normal vision
Active Substance	Vitamin A
Amount required	25% RDI
Amount delivered	190ug (25% RDI)

IMMUNITY + BLOOD FORMATION

Health Benefit #128	Calcium is necessary for blood coagulation
Active Substance	Calcium
Amount required	25% RDI
Amount delivered	198mg (25% RDI)
Health Benefit #129	Copper is necessary for normal immune system function
Active Substance	Copper
Amount required	17% ESADDI
Amount delivered	0.5mg (17% ESADDI)
Health Benefit #130	Iron is necessary for normal immune system function
Active Substance	Iron
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #131	Iron contributes to normal blood formation
Active Substance	Iron
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #132	Selenium is necessary for normal immune system function
Active Substance	Selenium
Amount required	25% RDI
Amount delivered	17.3ug (25% RDI)
Health Benefit #133	Zinc is necessary for normal immune system function
Active Substance	Zinc
Amount required	25% RDI
Amount delivered	3.0mg (25% RDI)
Health Benefit #134	Folate is necessary for normal blood formation
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)
Health Benefit #135	Folate contributes to normal immune system function
Active Substance	Folate
Amount required	25% RDI
Amount delivered	50.0ug (25% RDI)

Health Benefit #136	Riboflavin contributes to the maintenance of normal red blood cells
Active Substance	Riboflavin
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #137	Vitamin A contributes to normal immune system function
Active Substance	Vitamin A
Amount required	25% RDI
Amount delivered	190ug (25% RDI)
Health Benefit #138	Vitamin B6 contributes to normal immune system function
Active Substance	Vitamin B6
Amount required	25% RDI
Amount delivered	0.4mg (25% RDI)
Health Benefit #139	Vitamin B12 contributes to normal blood formation
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #140	Vitamin B12 contributes to normal immune system function
Active Substance	Vitamin B12
Amount required	25% RDI
Amount delivered	0.5ug (25% RDI)
Health Benefit #141	Vitamin C is necessary for normal blood vessel structure and function
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #142	Vitamin C contributes to the normal immune system function
Active Substance	Vitamin C
Amount required	25% RDI
Amount delivered	10.0mg (25% RDI)
Health Benefit #143	Vitamin D contributes to normal blood calcium levels
Active Substance	Vitamin D
Amount required	25% RDI
Amount delivered	2.5ug (25% RDI)
Health Benefit #144	Vitamin D contributes to the normal function of the immune system
Active Substance	Vitamin D
Amount required	25% RDI
Amount delivered	2.5ug (25% RDI)
Health Benefit #145	Vitamin K is necessary for normal blood coagulation
Active Substance	Vitamin K
Amount required	25% ESADDI
Amount delivered	19.9ug (25% ESADDI)