

**Composition of micronutrients in supplement paste of vitamin B12 and placebo:**

<b>Vitamins Per</b>	<b>Treatment product with vitamin B12</b>			<b>Placebo without vitamin B12</b>		
	100 g	20 g	claim 20 g sachet	100 g	20 g	claim 20 g sachet
Vitamin A (µg)	2000 - 3000	400 - 600	400	2000 - 3000	400 - 600	400
Vitamin C (mg)	150 - 375	30 - 75	40	150 - 375	30 - 75	40
Vitamin B1 (mg)	1.5 - 3.0	0.3 - 0.6	0.3	1.5 - 3.0	0.3 - 0.6	0.3
Vitamin B2 (mg)	2.0 - 2.6	0.4 - 0.52	0.4	2.0 - 2.6	0.4 - 0.52	0.4
Vitamin B6 (mg)	1.4 - 2.0	0.28 - 0.4	0.28	1.4 - 2.0	0.28 - 0.4	0.28
Vitamin B12 (µg)	10 - 20	2.0 - 4.0	2,0	-	-	-
Niacin (mg)	20 - 28	4.0 - 5.6	4.0	20 - 28	4.0 - 5.6	4.0
Ca-D-Pantothenate (mg)	8.0 - 14.0	1.6 - 2.8	1.8	8.0 - 14.0	1.6 - 2.8	1.8
Folic acid (µg)	400 - 550	80 - 110	80	400 - 550	80 - 110	80
<b><u>Minerals per</u></b>						
Calcium (mg)	450 - 650	90 - 130	104	450 - 650	90 - 130	104
Phosphor (mg)	400 - 500	80 - 100	85	400 - 500	80 - 100	85
Potassium (mg)	700 - 850	140 - 170	146	700 - 850	140 - 170	146
Magnesium (mg)	70 - 90	14 - 18	15.2	70 - 90	14 - 18	15.2
Iron (mg)	40 - 50	8.0 - 10	8.6	40 - 50	8.0 - 10	8.6
Zinc (mg)	18 - 20	3.6 - 4.4	3,8	18 - 20	3.6 - 4.4	3,8
Copper (mg)	0.9 - 1.1	0.18 - 0.22	0.19	0.9 - 1.1	0.18 - 0.22	0.19
Iodine (µg)	400 - 500	80 - 100	84.5	400 - 500	80 - 100	84.5
Selenium (µg)	45 - 55	9.0 - 11.0	10	45 - 55	9.0 - 11.0	10
Manganese (mg)	0.36 - 0.45	0,07 - 0.10	0.08	0.36 - 0.45	0,07 - 0.10	0.08