**Fettlösliche Vitamine in Zedernnussöl**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Vitamine | In 100g | In 20 g | In 15 g | In 5 g | Tagesdose |
| Vitamin E | 55 mg | 16 mg | 7,5 mg | 2,5 mg | 10-12 mg |
| Vitamin A | 31 mg | 6 mg | 4,5 mg | 1,5 mg | 6 mg |
| Vitamin D | 0,070 mg | 0,014 mg | 0,01 mg | 0,0035 mg | 0,0025 mg |

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