

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

1 capsule contains	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	50 mg	3,333%
Riboflavin (Vitamin B2 USP)	50 mg	2,941%
Niacin (as Niacinamide USP)	50 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,500%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	75 mcg	25%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	500%
Choline Bitartrate	50 mg	*
Inositol NF	50 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, and Silicon Dioxide.