

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 60

	Amount per Serving	%DV*
Thiamin (as thiamine mononitrate)	25 mg	1667%
Riboflavin (as riboflavin)	25 mg	1470%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (from calcium pantothenate)	25 mg	250%
Magnesium (from magnesium glycinate)	200 mg	50%
Choline (from choline bitartrate)	25 mg	**
Inositol	25 mg	**

* Percent Daily Value (DV) based on a 2,000 calorie diet for adults and children over 4 years of age.

** Daily Value not established.

OTHER INGREDIENTS: Vegetable Stearine, Cellulose, Cellulose Gum, Vegetable Stearate, Silica and aqueous cellulose coating with vanillin.