



Suggested Use: Adults take 2 capsules daily. Optimally, for the first 15 days, take one serving twice daily. FOR DAILY USE.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as magnesium ascorbate)	250 mg	278%
Thiamin (Vitamin B1) (as Thiamin HCL)	50 mg	4167%
Vitamin B6 (as pyridoxine HCl)	15 mg	882%
Vitamin B12 (as methylcobalamin)	25 mcg	1042%
Pantothenic acid (as d-calcium pantothenate)	25 mg	500%
Magnesium (as magnesium ascorbate, malate)	32 mg	8%
Alpha lipoic acid	100 mg	†
Benfotiamine	150 mg	†
Black pepper (<i>Piper nigrum</i>) extract (fruit) (Bioperine®)	5 mg	†
4.75 mg/ 95% piperine		

† Daily Value not established.

Other Ingredients: Rice flour, vegetable cellulose, vegetable stearate, candelilla wax.