



Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (as Thiamin HCl)	100 mg 8333%	Vitamin B-12 (as Methylcobalamin)	250 mcg 10417%
Riboflavin (Vitamin B-2) (as Riboflavin and Riboflavin-5-Phosphate)	50 mg 3846%	Biotin (as d-Biotin)	2000 mcg 6667%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg NE 313%	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 2000%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	50 mg 2941%	Choline (as Choline Dihydrogen Citrate)	30 mg 5%
Folate (as NatureFolate™ Blend - organic spinach powder, calcium folinate, Quatrefolic® [6S]-5-methyltetrahydrofolate - glucosamine salt)	340 mcg DFE 85%	Trimethylglycine (TMG)	200 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), silicon dioxide, vegetable stearate.



Recommended Use: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.