

## **Supplement Facts**

Serving Size 1 Capsule Servings Per Container 100

Amount Per Capsule	% Da	ily Value
Thiamin (as thiamin HCI)	15 mg	1250%
Riboflavin	17 mg	1308%
Niacin (as niacinamide)	200 mg	1250%
Vitamin B <sub>6</sub> (as pyridoxine HCI)	20 mg	1176%
Folate (as Metafolin®‡ calcium L-5-methyltetrahydrofolate)	680 mcg DFE (400 mcg)	170%
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg	250%
Biotin (D-biotin)	300 mcg	1000%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	25 mg	5%
Inositol	40 mg	*
para-Aminobenzoic Acid	25 mg	*
*Daily Value not established.		

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, and ascorbyl palmitate.

Free of the following common allergens: milk/casein, eggs, fish. shellfish, tree nuts, peanuts, wheat, gluten, soybeans, and corn. Contains no artificial colors, flavors or preservatives.

Suggested Use: 1 capsule daily with food or as directed by a healthcare professional.

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Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications

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