

Supplement Facts


Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	%Daily Value
Thiamin (as thiamine HCl)	20 mg	1667%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1538%
Niacin (130 mg as niacinamide and 10 mg as niacin)	140 mg	875%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1176%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	400 mcg DFE	100%
Vitamin B12 (as MecobalActive™ methylcobalamin)	400 mcg	16,667%
Biotin	400 mcg	1333%
Pantothenic Acid (as d-calcium pantothenate)	150 mg	3000%
Choline (as choline dihydrogen citrate)	30 mg	5%
Benfotiamine	20 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, magnesium stearate, and silica.

 **Quatrefolic**® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

MecobalActive™ is a trademark of Ferrer Health Tech.
The active form of B₁₂