

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 (as niacinamide and niacin)	140 mg	875%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1176%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) ^{S1}	680 mcg DFE	170%
Vitamin B12 (as 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: Capsule (hypromellose and water), stearic acid, magnesium stearate, and silica.

 **Quatrefolic**[®] S1. Quatrefolic[®] is a registered trademark of Gnosis S.p.A. Produced under U.S. Patent 7,947,662.