

# Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value**	
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	1000 mcg	16,667%
Magnesium	167 mg	42%

\*\* Daily Values are based on a 2,000 calorie per day diet.

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, croscarmellose sodium, aqueous film coating (purified water, hydroxypropyl methylcellulose, titanium dioxide, riboflavin, polyethylene glycol).