

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value **	
Thiamin (Vitamin B-1) (as thiamine HCl)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (Vitamin B-3) (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	100 mg	5,000%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic acid (as d-calcium pantothenate)	100 mg	1,000%
Choline (as choline bitartrate)	50 mg	†
Inositol	100 mg	†
PABA (<i>para</i> -aminobenzoic acid)	100 mg	†

† Daily Value not established

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

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