

# 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 panthenate)	100 mg	1,000%
Calcium (as calcium carbonate)	54 mg	5%
Phosphorus (as dicalcium phosphate)	42 mg	4%
Choline (as choline bitartrate)	50 mg	†
Inositol	100 mg	†
PABA ( <i>para</i> -aminobenzoic acid)	100 mg	†

† Daily Value not established.

\*\* 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).

