

# Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Thiamine (as thiamine mononitrate)	50 mg	3333%
Riboflavin (as riboflavin 5' phosphate sodium, riboflavin)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Choline Bitartrate	50 mg	†
Inositol	50 mg	†
PABA	50 mg	†

†Daily Value (DV) not established

**Other Ingredients:** Rice flour, gelatin, magnesium stearate, medium chain triglycerides, silica.