

Ingredient	Amount/Serving	Daily Value
Thiamin (B1) (as Thiamin HCl)	25 mg	1,667%
Riboflavin (Vitamin B2)	25 mg	1,471%
Niacin (Vitamin B3) (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxal-5-Phosphate)	30 mg	1,500%
Folate (as (6S)-5-methylfolate) (equivalent to 500 mcg of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)†	250 mcg	63%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	1,000 mcg	333%
Pantothenic Acid (as D-Calcium Pantothenate)	200 mg	2,000%
Zinc (from TRAACS® Zinc Glycinate Chelate)	10 mg	67%
Chromium (from TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Alpha Lipoic Acid	200 mg	**
Boswellia ( <i>Boswellia serrata</i> ) Gum Resin Extract (BosPure®) standardized to contain >70% Total and Organic Boswellic Acids with AKBA >10% with < 5% beta-boswellic acids	100 mg	**
Benfotiamine	50 mg	**

\*\*Daily Value (DV) Not Established.

† US Patent No. 7,947,662