

Supplement Facts

Serving Size 2 vegetarian capsules

Servings Per Container 30

Amount Per Serving

Thiamine (vitamin B1) (as thiamine HCl)	100 mg
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	75 mg
Niacin (as niacinamide and niacin)	100 mg*
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	100 mg
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg*
Vitamin B12 (as methylcobalamin)	300 mcg
Biotin	1000 mcg
Pantothenic acid (as D-calcium pantothenate)	500 mg
Calcium (as D-calcium pantothenate, dicalcium phosphate)	50 mg
Inositol	100 mg
PABA (para-aminobenzoic acid)	50 mg

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, stearic acid, purified water, silica.