Directions: As a dietary supplement, adults and children over 16 years of age, take one (1) capsule daily with breakfast, or as directed by a healthcare professional.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	% Daily Value
B1 (thiamine monohydrate)	10mg	667
B2 (riboflavin)	10mg	588
B3 (nicotinamide)	20mg	100
Vitamin B6 (pyridoxine hydrochloride)	5mg	250
Folic Acid	10mcg	3
Vitamin B12 (cyanocobalamin)	2mcg	33
D-Biotin	20mcg	7
Pantothenic Acid (calcium pantothenate)	10mg	100
Calcium (calcium phosphate)	28mg	3
Phosphorus (calcium phosphate)	22mg	2
Iron (ferrous sulphate)	12mg	67
Zinc (zinc sulphate monohydrate)	2mg	13
Choline Bitartrate	50mg	†
Copper (cupric sulphate)	50mcg	3
Inositol	50mg	†
Manganese (manganese sulphate)	16mcg	1
Para Amino Benzoic Acid (PABA)	10mg	†
Yeast (saccharomyces cerevisiae)	100mg	†
Soy Lecithin	20mg	†
L-Cysteine Hydrochloride	30mg	†
DL-Methionine	30mg	†
Hydrolyzed Gelatin Powder	50mg	†
Provides: glycine, proline, hydroxyproline, glutamic acid, alanine, arginine, aspartic acid, serine, lysine, leucine, valine, threonine, phenylalanine, hydroxylysine, isoleucine, methionine, histidine, tyrosine		

† **Daily Value (DV) not established.**

Other Ingredients: Soybean Oil (GMO free), Palm Oil, Yellow Beeswax, Coconut Oil, Purified Water, Gelatin, Glycerol.

Warning: *Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.*

Caution: *If pregnant, nursing, taking medication or have a medical condition please consult your healthcare professional before taking this product.*