

Supplement Facts^{V2}

Serving Size 1 Capsule

Servings Per Container 90 & 180

1 capsule contains	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	50 mg	4,167%
Riboflavin (Vitamin B2 USP)	50 mg	3,846%
Niacin (as Niacinamide USP)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,941%
Folate	1,360 mcg DFE (800 mcg Folic Acid)	340%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Biotin	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	1,000%
Choline (as Choline Bitartrate)	19 mg	3%
Inositol NF	50 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, and Silicon Dioxide.