

# Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1) (as Thiamin HCl)	100 mg	6667%
Riboflavin (Vitamin B-2) (as Riboflavin and Riboflavin-5-Phosphate)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	50 mg	2500%
Folate (NatureFolate™ blend)	200 mcg	50%
Vitamin B-12 (as Methylcobalamin)	250 mcg	4167%
Biotin (as d-Biotin)	2000 mcg	667%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%
Trimethylglycine (TMG)	200 mg	*
Choline Dihydrogen Citrate	100 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), silicon dioxide, vegetable stearate.