

B-Complex

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving		% Daily Value
Thiamin (as thiamine hydrochloride)	12 mg	1000%
Riboflavin (as riboflavin-5'-phosphate) (Vitamin B2)	15 mg	1154%
Niacin (as inositol hexanicotinate, niacinamide)	45 mg	281%
Vitamin B6 (as pyridoxal-5-phosphate monohydrate)	15 mg	882%
Folate (as l-5-methyltetrahydrofolate, calcium salt)	240 mcg DFE (144 mcg l-methylfolate)	60%
Vitamin B12 (as methylcobalamin, adenosylcobalamin)	120 mcg	5000%
Biotin	30 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	45 mg	900%
Choline (as choline bitartrate)	60 mg	11%
Inositol (as inositol hexanicotinate)	8 mg	*

*Daily Value not established.

Other Ingredients: Rice Extract, Capsule (Hypromellose), Rice Hulls, Acacia, Sunflower Oil.

Keep out of reach of children.

Contact Us
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