

**Product information per daily intake:
1 capsule**

		%EC NRV*		%EC NRV*
Vitamin B1	25mg	2273	Biotin	200µg 400
Vitamin B2	25mg	1786	Pantothenic	
Niacin (B3)	25mg NE [†]	156	Acid (B5)	25mg 417
Vitamin B6	25mg	1786	Choline	25mg
Folate	250µg	125	Inositol	25mg
Vitamin B12	250µg	10000	PABA	25mg

*NRV=Nutrient Reference Value

[†]NE = Niacin Equivalent

Ingredients: Capsule Shell (Hydroxypropyl Methylcellulose), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Pantothenic Acid (Calcium Pantothenate), Inositol, Choline Bitartrate, Niacin (Nicotinamide), Para Amino Benzoic Acid, Vitamin B12 (Adenosylcobalamin & Methylcobalamin), Folate (Calcium L-methylfolate), Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Biotin.