

Nutrition Information

Serving Size: 2 capsules Servings Per Container: 30

Typical Values	Per Serving	Per 100g	%NRV*
Thiamin - Vitamin B1	23 mg	3639 mg	2091%
Riboflavin - Vitamin B2	23 mg	3639 mg	1643%
Niacin - Vitamin B3	36 mg	5696 mg	225%
Pantothenic acid	15 mg	2373 mg	250%
Folic Acid	380 mcg	60127 mcg	190%
Biotin	150 mcg	23734 mcg	300%
Vitamin B12	105 mcg	16614 mcg	4200%
Manganese	0.5 mg	79 mg	25%
Selenium	50 mcg	7911 mcg	91%
Zinc	3 mg	475 mg	30%
Vitamin B6	5.5 mg	870 mg	393%

Ingredients: Bulking agent: Microcrystalline cellulose, Vegetable capsule [Hydroxypropyl methyl cellulose], Vitamin B3 (Niacin), Vitamin B1 (Thiamine hydrochloride), Anti-caking agent: Dibasic calcium phosphate, Selenium, PABA (Para-aminobenzoic acid), Vitamin B2 (Riboflavin), Biotin, Vitamin B5 (D-calcium pantothenate), Zinc (as zinc glycinate chelate), Vitamin B12 (as methylcobalamin), Folic Acid (from Citrus limon extracts), Vitamin B6 (pyridoxine hydrochloride), Anti-caking agent: Magnesium stearate (vegetable source), Nutmeg (*Myristica fragrans*)* whole fruit oil, Manganese (as manganese glycinate chelate)

*NRV: Nutrient Reference Value *100% pure essential oil