

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 30

	Amount per Serving	% Daily Value*
Thiamin (as Thiamin Hydrochloride)	1 mg	66%
Riboflavin	1.5 mg	88%
Niacin (as Niacinamide)	17 mg	85%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.4 mg	72%
Folic Acid	350 mcg	87%
Vitamin B12 (as Cyanocobalamin)	63 mcg	105%
Biotin	135 mcg	45%
Caffeine (from Green Tea [leaf] & Yerba Mate [leaf])	70 mg	**

Not a significant source of calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Values not established.

OTHER INGREDIENTS: Silicified Microcrystalline Cellulose, Crospovidon, Natural Blackberry Flavor, Natural Blackcurrant Flavor, Reb-A, Magnesium Stearate***, Stearic Acid***, Silicon Dioxide.

***Vegetarian