

# Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Thiamin (as cocarboxylase chloride)	0.6 mg	50%
Riboflavin (as riboflavin-5-phosphate)	0.7 mg	54%
Niacin (as niacinamide)	8 mg	50%
Vitamin B6 (as pyridoxal-5-phosphate)	0.7 mg	41%
Folate (100 mcg as L-methylfolate from calcium L-5-MTHF)	170 mcg DFE	43%
Vitamin B12 (as methylcobalamin)	13 mcg	542%
Pantothenic acid (as D-calcium pantothenate)	3 mg	60%
Magnesium (as magnesium glycerophosphate)	200 mg	48%
Organic beet juice ( <i>Beta vulgaris</i> ) (from whole beets)	128 mg	*
Bamboo (shoot) (extract)	100 mg	*
Taurine	100 mg	*

\* Daily Value not established

**Other ingredients:** Silica, food glaze, magnesium stearate (vegetable source) and citric acid.

**This product is gluten and dairy free.**