

L-Methylfolate Magnesium	7mg
Folinic Acid	3.5mg
B12 (Methylcobalamin)	25mcg
B12 (Adenosylcobalamin)	25mcg
B6 (Pyridoxal-5-Phosphate)	25mcg
B1 (Thiamine Pyrophosphate)	25mcg
B2 (Flavin Adenine Dinucleotide)	25mcg
B3 (Nicotinamide Adenine Dinucleotide)	25mcg
PS-Omega-3 (Phosphatidylserine, EPA, DHA)	23mg
Magnesium Ascorbate	24mg
Magnesium L-Threonate	1mg
Zinc Ascorbate	1mg
Iron (from Ferrous Glycine Cysteinate)	1.5mg
Betaine	500mcg
Citric Acid Monohydrate	1.83mg
Sodium Citrate	3.67mg
CoQ10	500mcg
Bioperine (B Vitamin Bioenhancer)	25mg