

INGREDIENT LIST

Each Soft Gel Contains:

L-Methylfolate Magnesium	7 mg
Folinic Acid	2.5 mg
Dihydrofolate	1 mg
B12 (Adenosylcobalamin)	50 mcg
B6 (Pyridoxal-5-Phosphate)	25 mcg
B1 (Thiamine Pyrophosphate)	25 mcg
B2 (Flavin Adenine Dinucleotide)	25 mcg
B3 (Nicotinamide Adenine Dinucleotid	25 mcg
PS-Omega-3 (Phosphatidylserine, EPA, DHA)	23 mg
Magnesium Ascorbate	24 mg
Magnesium L-Threonate	1 mg
Iron (Ferrous Glycine Cysteinate	13.6 mg
Zinc Ascorbate	1 mg
Betaine	500 mcg
Citric Acid Monohydrate	1.83 mg
Sodium Citrate	3.67 mg
CoQ10	500 mcg
Bioperine (B Vitamin Bioenhancer)	25 mg