

Premium Nutrition™ Vital B capsules

Supplement Facts:

Serving Size 1 capsule

	Amount per serving	% Daily Values
Vitamin C (Ascorbyl Palmitate)	10mg	17%
Thiamine (Vitamin B1 (Thiamine HCL))	11mg	733%
Riboflavin (Vitamin B2) (Riboflavin 5'-Phosphate)	16mg	941%
Niacin (1) (Vitamin B3)	12mg	60%
Vitamin B6 (Pyridoxal 5'-Phosphate)	4mg	200%
Folate (Folic Acid)	200mcg	50%
Vitamin B12 (TruPure™ Methylcobalamin)	1350mcg	22500%
Biotin	2000mcg	667%
Pantothenic Acid (Vitamin B5) (Calcium Pantothenate)	14mg	140%
Vital B Support™ Blend Inositol, PABA, L-Alanine	100mg	*

* Daily Value not established. (1) **Beneficial Niacin Flush may occur.** Contains less than 2% Daily Value for Calcium and Phosphorous.