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<b>Typical Values</b>	<b>Per Tablet</b>	<b>(%NRV*)</b>
Thiamin (Vitamin B1)	11 mg	1000
Riboflavin (Vitamin B2)	14 mg	1000
Niacin	80 mg NE	500
Vitamin B6	14 mg	1000
Folic Acid	200 µg	100
Vitamin B12	125 µg	5000
Biotin	250 µg	500
Pantothenic Acid	60 mg	1000
Choline	50 mg	-
Inositol	50 mg	-
Aminobenzoic Acid	50 mg	-

\* NRV = Nutrient Reference Value