



Ingredients

Dosing: The recommended dose is (1) softgel in the morning, when you wake up (preferably on an empty stomach) or as recommended by your healthcare provider

Pill Type: Softgel

Quantity: 30 softgels per bottle

L-Methylfolate (Magnesium):	7 mg
Folinic Acid:	2.5 mg
Dihydrofolate:	1.0 mg
B12 (Adenosylcobalamin):	50 mcg
B6 (Pyridoxal-5-Phosphate):	25 mcg
B1 (Thiamine Pyrophosphate):	25 mcg
B2 (Flavin Adenine Dinucleotide):	25 mcg
B3 (NAD):	25 mcg
Bioperine (B Vitamin Bioenhancer):	500 mcg
Betaine:	1 mg
Magnesium Ascorbate:	24 mg
Magnesium L-Threonate:	1 mg
Zinc Ascorbate:	1 mg
Iron (Ferrous Glycine Cysteinate):	1.5 mg
PS-Omega-3 (PS, EPA, DHA):	20 mg
Sodium Citrate:	10 mg
CoQ10:	500 mcg

Excipients: Annatto, gelatin, glycerin, olive oil, yellow beeswax, sunflower lecithin, citric acid, purified water, and nat. creamy orange flavor.

Contains fish/soy/krill.

No artificial colorants. No dairy, wheat, sugar, or egg.