

# Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		% Daily Value
Vitamin B <sub>12</sub> (Cyanocobalamin)	250 mcg	4167%
Folic Acid	50 mcg	13%

Other ingredients: Torula Yeast, Sweet Whey Powder, Mono- and Diglycerides, Food Glaze, Croscarmellose Sodium, Povidone, Magnesium Stearate, Silicon Dioxide.

Contains Milk.