

Nutrient	Per 1 Tablet	Unit	% NRV
Thiamin (Vitamin B1)	1.1	mg	100
Riboflavin (Vitamin B2)	1.4	mg	100
Niacin	16	mg	100
Vitamin B6	1.4	mg	100
Folic Acid	200	µg	100
Vitamin B12	2.5	µg	100
Biotin	50	µg	100
Pantothenic Acid	6	mg	100

NRV means Nutrient Reference Value.