

Most Diverse Natural Folates: FDA 15mg DFE

L-Methylfolate Magnesium	7mg
Folinic Acid	2.5mg
Folic Acid	1mg

B Vitamins in their Bioactive Coenzyme Form

B12 (Adenosylcobalamin)	50mcg
B6 (Pyridoxal-5-Phosphate)	25mcg
B1 (Thiamine Pyrophosphate)	25mcg
B2 (Flavin Adenine Dinucleotide)	25mcg
B3 (Nicotinamide Adenine Dinucleotide)	25mcg
Piperine (B Vitamin Bioenhancer)	500mcg

Minerals in their Bioactive Cofactor Form

Magnesium Ascorbate	24mg
Magnesium L-Threonate	1mg
Zinc Ascorbate	1mg
Iron (Ferrous Glycine Cysteinate)	1.5mg

Phospholipid Form – Brain Ready

PS-Omega-3 (Phosphatidylserine, EPA, DHA)	20mg
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Absorption Enhancer

Sodium Citrate	10mg
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Energizer

CoQ10	500mcg
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