

ROOTS

Supplement Facts		
Serving size 2 vegetarian capsules		
Servings per container 45		
Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin E (as d-alpha-tocopherol acetate)	(20 IU) 13 mg	87%
Riboflavin (as riboflavin 5'-phosphate)	10 mg	769%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%
Folate (as calcium folinate)	1200 mcg DFE	300%
Vitamin B12 (as methylcobalamin)	600 mcg	25000%
Choline (as choline bitartrate)	50mg	9%
Magnesium (as magnesium citrate)	140 mg	33%
Trimethylglycine	550 mg	*
Betaine HCl	60 mg	*
MSM (methylsulfonylmethane)	50 mg	*
Beet (Beta vulgaris) (root)	50 mg	*
*Daily Value (DV) not established.		

Other ingredients: Vegetarian capsule (hypromellose), silica, cellulose.