

Smart G Complex

Smart Green Complex

<i>Amount per serving</i>	
Vitamin B2	1.5mg
Inositol	50mg
Choline	50mg
Zinc	10mg
Vitamin B3	5mg
Vitamin B6	1.6mg
Biotin	1mg
Folic acid	400µg

<i>Amount per serving</i>	
Vitamin B2	4mg
Zinc	8.6mg
Vitamin B3	5mg
Vitamin B6	10mg
Biotin	1mg
Copper	500µg
Folic acid	400µg
Selenium	60µg
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Both items contain Soy Lecithin

Smart B Complex

Smart Blue Complex

<i>Amount per serving</i>	
Magnesium	9.1mg
Pantothenic acid	6mg
Thiamine	5mg
Hydroxycobalamin	67µg

<i>Amount per serving</i>	
Magnesium	30mg
Pantothenic Acid	5mg
Thiamine	5mg
Hydroxycobalamin	67µg
Sulphur	17mg
Zinc	8mg
Boron	260µg
Selenium	60µg

Both items contain Nutritional Yeast