CLAIMS

1. A nutritional supplement comprising (1) vitamin B1, vitamin B2, niacin, vitamin B6, biotin, and pantothenic acid; and (2) wherein the weight ratio of biotin to vitamin B1 is between 1:20 to 1:25; wherein the weight ratio of biotin to vitamin B2 is between 1:25 to 1:30; wherein the weight ratio of biotin to niacin is between 1:310 to 1:330; wherein the weight ratio of biotin to vitamin B6 is between 1:30 to 1:35; and wherein the weight ratio of biotin to pantothenic acid is between 1:110 to 1:130, wherein the nutritional supplement further comprises vitamin A, beta-carotene, vitamin B 12, vitamin C, vitamin D3, vitamin E, vitamin K1, folic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, selenium, zinc and lutein, wherein the weight ratio of selenium to vitamin E is 1:500, and the weight ratio of selenium to vitamin C is 1:3333.