CLAIMS:

1. A composition comprising vitamin B1 vitamin B2, niacin, vitamin B6, pantothenic acid, vitamin E, vitamin C, selenium, and biotin, 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 1:20 to 1:25; 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; wherein the weight ratio of biotin to pantothenic acid is between 1:110 to 1:130; wherein the weight ratio of selenium to vitamin E is between 1:450 to 1:550; wherein the weight ratio of selenium to vitamin C is between 1:3000 to 1:3500; and wherein the composition is a nutritional supplement for administration as a single unit dosage form as a tablet.

2. The composition of claim 1, wherein the weight ratio of biotin to vitamin B1 is 1:22; the weight ratio of biotin to vitamin B2 is 1:28; the weight ratio of biotin to niacin is 1:320; the weight ratio of biotin to vitamin B6 is 1:32; the weight ratio of biotin to pantothenic acid is 1:120.

3. The composition of claim 1, wherein the amount of vitamin B1 is from 1 to 2 mg; the amount of vitamin B2 is from 1 to 2 mg; the amount of niacin is from 15 to 30 mg; the amount of B6 is from 1 to 3 mg; the amount of biotin is from 50 to 70 mcg; and the amount of pantothenic acid is from 5 to 10 mg.

4. The composition of claim 3, wherein the amount of vitamin B1 is 1.4 mg; the amount of vitamin B2 is 1.75 mg; the amount of niacin is 20 mg; the amount of vitamin B6 is 2 mg; the amount of biotin is 62.5 mcg; and the amount of pantothenic acid is 7.5 mg.

5. The composition of claim 1, wherein the amount of vitamin E is from 10 to 20 mg; the amount of vitamin C is from 90 to 110 mg; and the amount of selenium is from 20 to 50 mcg.

6. The composition of claim 5, wherein the amount of vitamin E is 15 mg; the amount of vitamin C is 100 mg; and the amount of selenium is 30 mcg.

7. The composition of claim 1 wherein the weight ratio of selenium to vitamin E is 1:500, and the weight ratio of selenium to vitamin C is 1:3000.

8. The composition of claim 1 wherein the weight ratio of selenium to vitamin E is 1:500, the weight ratio of selenium to vitamin C is 1:3333.

9. The composition of claim 1, which further comprises vitamin A, beta carotene, vitamin B12, vitamin D3, vitamin K1, folic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, zinc or lutein.