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 5 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.

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

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

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

5. The nutritional supplement of claim 1, wherein the nutritional supplement further comprises vitamin A, betacarotene, vitamin B12, vitamin C, niacin, vitamin D3, vitamin E, vitamin K1, folic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, selenium, zinc and lutein.

6. A nutritional supplement comprising vitamin E, vitamin C, and selenium, wherein the weight ratio of selenium to vitamin E is about 1:450 to about 1:550, and the weight ratio of selenium to vitamin C is about 1:3000 to about 1:3500.

7. The nutritional supplement of claim 6, wherein the amount of vitamin E is from about 10 to about 20 mg; the amount of vitamin C is from about 90 to about 110 mg; and the amount of selenium is from about 20 to about 50 mcg.

8. The nutritional supplement of claim 7, wherein the amount of vitamin E is about 15 mg; the amount of vitamin C is about 100 mg; and the amount of selenium is about 30 mcg.

9. The nutritional supplement of claim 6, which further comprises vitamin A, beta carotene, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, vitamin D3, vitamin K1, biotin, folic acid, pantothenic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, zinc and lutein.

10. The nutritional supplement of claim 6 wherein the weight ratio of selenium to vitamin E is about 1:500, and the weight ratio of selenium to vitamin C is about 1:3000.

11. The nutritional supplement of claim 10, which further comprises vitamin A, beta carotene, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, vitamin D3, vitamin K1, biotin, folic acid, pantothenic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, zinc and lutein.

12. The nutritional supplement of claim 6 wherein the weight ratio of selenium to vitamin E is about 1:500, the weight ratio of selenium to vitamin C is about 1:3333.

13. A composition comprising vitamin B1, vitamin B2, niacin, vitamin B6, pantothenic acid, vitamin E, vitamin C and selenium, 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; and wherein the weight ratio of selenium to vitamin C is between 1:3000 to 1:3500.

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, betacarotene, vitamin B12, 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.

2. The nutritional supplement 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 nutritional supplement 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 nutritional supplement of claim 3, wherein the amount of vitamin B1 is 1.4mg; 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. A nutritional supplement comprising vitamin E, vitamin C, and selenium, wherein the weight ratio of selenium to vitamin E is 1:450 to 1:550, and the weight ratio of selenium to vitamin C is 1:3000 to 1:3500.

6. The nutritional supplement of claim 5, 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.

7. The nutritional supplement of claim 6, 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.

8. The nutritional supplement of claim 5, which further comprises vitamin A, beta carotene, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, vitamin D3, vitamin K1, biotin, folic acid, pantothenic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, zinc and lutein.

9. The nutritional supplement of claim 5, wherein the weight ratio of selenium to vitamin E is 1:500, and the weight ratio of selenium to vitamin C is 1:3000.

10. The nutritional supplement of claim 9, which further comprises vitamin A, beta carotene, vitamin B1, vitamin B2, niacin, vitamin B6, vitamin B12, vitamin D3, vitamin K1, biotin, folic acid, pantothenic acid, calcium, phosphorus, chloride, chromium, copper sulfate, iodine, iron, magnesium, manganese, molybdenum, potassium, zinc and lutein.

11. The nutritional supplement of claim 5 wherein the weight ratio of selenium to vitamin E is 1:500, the weight ratio of selenium to vitamin C is 1:3333.

12. A composition comprising vitamin B1, vitamin B2, niacin, vitamin B6, pantothenic acid, vitamin E, vitamin C and selenium, 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; and wherein the weight ratio of selenium to vitamin C is between 1:3000 to 1:3500.