



MegaFood®

Fresh From Farm To Tablet™

Adult B-Centered™

Supports Healthy Cognitive Function*



with Brown Rice, Broccoli, Bacopa & Lemon Balm

MULTIVITAMIN & HERBAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets

Servings per Container 45

	Amount per Serving	% DV ▼
• Vitamin B1	(thiamine HCl in <i>S. cerevisiae</i>)	3 mg 200
• Vitamin B2 ..	(riboflavin 5'-phosphate sodium in organic brown rice†)	3 mg 176
• Niacin	(niacinamide in <i>S. cerevisiae</i>)	20 mg 100
• Vitamin B6	(P5P in organic brown rice†)	8 mg 400
• Folate	(5-MTHF in broccoli)	200 mcg 50
• Vitamin B12	(methylcobalamin in <i>S. cerevisiae</i>)	20 mcg 333
• Biotin.....	(in organic brown rice†)	300 mcg 100
• Pantothenic Acid ..	(calcium pantothenate in organic brown rice†)	10 mg 100
• Zinc	(rice amino acid chelate)	5 mg 33
• Potassium	(mineral bound <i>S. cerevisiae</i>)	1 mg <1
Choline	(choline bitartrate)	200 mg **
Bacopa Whole Aerial Plant Extract 7:1	(<i>Bacopa monnieri</i>)	200 mg **
Lemon Balm Leaf Extract 4:1	(<i>Melissa officinalis</i>)	200 mg **
L-Theanine		150 mg **

** % Daily Value (DV) not established

† Lundberg Family Farms

Other Ingredients: Plant Cellulose, Silica, Stearic Acid.

Suggested Use: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

**WE MAKE IT ALL IN NEW HAMPSHIRE SO YOU CAN FEEL
AWESOME WHEREVER YOU ARE**

MegaFood, PO Box 325, Derry, NH 03038
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Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

Lundberg Family Farms produces high-quality organic products, a Lundberg family passion that has spanned over 75 years and more than three generations. They grow their rice sustainably with farming practices that conserve water resources, build soil integrity, and support a healthier ecosystem. They pride themselves on making great-tasting organic products that are good for you and the environment.



Meet father & daughter,
Wendell & Jessica Lundberg

YOU'LL LIKE THE WAY REAL FEELS

MegaFood has been improving lives since 1973. We start with whole foods from trusted farm partners to craft each of our FoodState Nutrients™, delivering authentic nutrition—far more than vitamins and minerals alone. We like the feel of fresh vegetables, the smell of real fruit. Of working with real farmers. Of being a small, honest, rooted-in-real New Hampshire company. We like the feel of being real, using real, making real. And we think you will too. See how our supplements are made at megafood.com/showme.

• FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Best Before: