



# MegaFood<sup>®</sup>

Fresh From Farm To Tablet<sup>™</sup>

## Adult B-Centered<sup>™</sup>

**Supports Healthy  
Cognitive Function\***



**90**  
TABLETS  
**45**  
SERVINGS

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 |
|---------------------------------------------------------------------------|-------------------------------|------|
| Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i> )                    | 3 mg                          | 250  |
| Riboflavin (B2) (riboflavin 5'-phosphate sodium with organic brown rice†) | 3 mg                          | 231  |
| Niacin (niacinamide with <i>S. cerevisiae</i> )                           | 20 mg NE                      | 125  |
| Vitamin B6 (pyridoxal-5-phosphate with organic brown rice†)               | 8 mg                          | 471  |
| Folate (L-5-MTHF with broccoli)                                           | 340 mcg DFE (200 mcg L5-MTHF) | 85   |
| Vitamin B12 (methylcobalamin with <i>S. cerevisiae</i> )                  | 20 mcg                        | 833  |
| Biotin (with organic brown rice†)                                         | 300 mcg                       | 1000 |
| Pantothenic Acid (d-calcium pantothenate with organic brown rice†)        | 10 mg                         | 200  |
| Choline (choline bitartrate)                                              | 200 mg                        | 36   |
| Zinc (rice amino acid chelate)                                            | 5 mg                          | 45   |
| Bacopa Whole Herb Extract ( <i>Bacopa monnieri</i> )                      | 200 mg                        | **   |
| Lemon Balm Leaf Extract ( <i>Melissa officinalis</i> )                    | 200 mg                        | **   |
| L-Theanine                                                                | 150 mg                        | **   |

\*\* % Daily Value (DV) not established

**Other Ingredients:** Cellulose, Silica, Stearic Acid. † Lundberg Family Farms  
**Suggested Use:** 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

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.



Meet father & daughter,  
Wendell & Jessica Lundberg

They pride themselves on making great-tasting organic products that are good for you and the environment.

**This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast, added nutrients and carefully selected herbs. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself. See how they're made at [megafood.com/showme](http://megafood.com/showme). Satisfaction guaranteed or your money back.**

MegaFood will donate a portion of the profit from the sale of this product to the National Young Farmers Coalition. To learn more visit [megafood.com/supportsyoungfarmers](http://megafood.com/supportsyoungfarmers)

Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

\* 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.

Made with Love by MegaFood,  
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