



# MegaFood®

Fresh From Farm To Tablet™

## Balanced B Complex

Promotes Healthy Energy Levels\*



60  
TABLETS  
60  
SERVINGS

with Kale, Broccoli & Brown Rice  
MULTIVITAMIN  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

|                                                                           | Amount per Serving | % DV | ▼ |
|---------------------------------------------------------------------------|--------------------|------|---|
| • Vitamin B1 ..... (thiamine HCl in <i>S. cerevisiae</i> )                | 9 mg               | 600  |   |
| • Vitamin B2 ..... (riboflavin in organic brown rice†)                    | 9 mg               | 529  |   |
| • Niacin.....(niacinamide in <i>S. cerevisiae</i> )                       | 45 mg              | 225  |   |
| • Vitamin B6 .....(pyridoxine HCl in <i>S. cerevisiae</i> )               | 10 mg              | 500  |   |
| • Folic Acid .....(in broccoli)                                           | 400 mcg            | 100  |   |
| • Vitamin B12 ... (cyanocobalamin in <i>S. cerevisiae</i> )               | 125 mcg            | 2083 |   |
| • Biotin .....(in organic brown rice†)                                    | 300 mcg            | 100  |   |
| • Pantothenic Acid (calcium pantothenate<br>..... in organic brown rice†) | 45 mg              | 450  |   |
| • Organic Kale†† .....                                                    | 125 mg             | **   |   |

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

† Lundberg Family Farms †† Foxy Organic

**Other Ingredients:** Plant Cellulose, Silica, Stearic Acid.

**Suggested Use:** 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

Made with Love by MegaFood, PO Box 5244 Manchester, NH, 03108  
To learn more, visit [megafood.com](http://megafood.com) or call 800.848.2542

Foxy Organic is a trademark of The Nunes Company, Inc.  
Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

In the early 1930's, Tom Nunes began farming in California's fertile Salinas Valley. Today, the next three generations of family continue his legacy of growing top-quality produce, and taking care of the environment while they're at it. MegaFood is proud to include the fresh goodness of their Foxy Organic kale in our Balanced B Complex.



Tom Nunes and his dad  
Tom Nunes Jr. of Foxy Organic

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.

• 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. See how they're made at [megafood.com/showme](http://megafood.com/showme).

\* 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: \_\_\_\_\_

