



MegaFood®

Fresh From Farm To Tablet™

Balanced B Complex

Promotes Healthy Energy Levels*



with Kale, Broccoli & Brown Rice
MULTIVITAMIN
DIETARY SUPPLEMENT

90
TABLETS
90
SERVINGS

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

	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 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 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.

* 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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Lot#: _____
Best Before: _____