



MegaFood
Fresh From Farm To Tablet™

Balanced B Complex

Promotes Healthy Energy Levels*



with Kale, Broccoli & Brown Rice
**MULTIVITAMIN
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

	Amount per Serving	% DV
Thiamin (B1) (thiamine HCl with <i>S. cerevisiae</i>)	9 mg	750
Riboflavin (B2) (with organic brown rice)	9 mg	692
Niacin (niacinamide with <i>S. cerevisiae</i>)	45 mg NE	281
Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i>)	10 mg	588
Folate (folic acid with broccoli) (240 mcg folic acid)	400 mcg DFE	100
Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i>)	50 mcg	2083
Biotin (with organic brown rice)	30 mcg	100
Pantothenic Acid (d-calcium pantothenate with organic brown rice)	45 mg	900
Organic Kale	125 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

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

MegaFood Balanced B Complex is made with a balanced ratio of FoodState® B complex vitamins delivered with nourishing whole foods to help convert food into cellular energy and support nervous system health.*

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. Each vitamin 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. Satisfaction guaranteed or your money back.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

* 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, PO Box 5244,
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Lot#: _____
Best Before: _____