



MegaFood®
Fresh From Farm To Tablet™

Methyl B12

Active Coenzyme
Form of B12

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

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

	Amount per Serving	% DV
• Vitamin B6 (pyridoxal-5-phosphate with organic brown rice)	8 mg	471
• Folate (L-5-MTHF with broccoli) (200 mcg L-5-MTHF)	340 mcg DFE	85
• Vitamin B12 (methylcobalamin with <i>S. cerevisiae</i>)	500 mcg	20833
• Beet Root	225 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Stearic Acid, Silica.

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

MegaFood Methyl B12 is made with nourishing, whole foods, like broccoli and beets, plus methylated folate and B12, together with the active form of B6 to support heart and blood 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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Best
Before: :#101

