



MegaFood
Fresh From Farm To Tablet™



Adult B-Centered™

**Supports Healthy
Cognitive Function***



90
TABLETS
45
SERVINGS

with Brown Rice, Broccoli & 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) (200 mcg L5-MTHF)	340 mcg DFE	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
Lemon Balm Leaf Extract (<i>Melissa officinalis</i>)	300 mg	**
L-Theanine	200 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Silica, Stearic Acid.

Suggested Use: 2 tablets daily. May be taken anytime throughout the day, even on an empty stomach.

MegaFood Adult B-Centered is made with a blend of B vitamins and herbs that help promote healthy cognitive function and mental focus.* We make it with the active form of vitamin B6, as well as the methylated forms of folate and B12. These are paired with lemon balm, and L-theanine, shown to support the body's stress response, mental function, and emotional wellbeing.*

This MegaFood product is made with real food, 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. 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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