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*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.

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

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

Supplement Facts

Serving Size 2 Tablets Servings per Container 45

Amount per Serving	% DV
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)† 3 mg	250%
Riboflavin (as riboflavin 5'-phosphate sodium with organic brown rice)† 3 mg	231%
Niacin (as niacinamide with <i>S. cerevisiae</i>)† 20 mg NE	125%
Vitamin B6 (as pyridoxal-5-phosphate with organic brown rice)† 8 mg	471%
Folate (as L-5-methyltetrahydrofolate with broccoli)† 340 mcg DFE (200mcg L-5-MTHF)	85%
Vitamin B12 (as methylcobalamin with <i>S. cerevisiae</i>)† 20 mcg	833%
Biotin (as biotin with organic brown rice)† 300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 10 mg	200%
Choline (as choline bitartrate) 200 mg	36%
Zinc (as zinc bisglycinate) 5 mg	45%
Lemon Balm Leaf Extract (<i>Melissa officinalis</i>) 300 mg	**
L-Theanine 200 mg	**

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, rice protein, organic brown rice, silicon dioxide, stearic acid, autolyzed yeast extract, hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
megafood.com / 800.848.2542

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 well-being.*

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. †This vitamin is paired with a whole food in our unique process. 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

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Biotin is an important nutrient. Biotin may interfere with lab tests. If you are taking medication or planning to undergo lab testing, consult with your doctor before use. Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



F1433B
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Best Before:
Lot#:

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