



To learn about our seals, please visit megafood.com/standards.

* 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™

Balanced B Complex

Promotes Healthy Energy Levels*



30 TABLETS
30 SERVINGS

with kale, broccoli & brown rice
**MULTIVITAMIN
DIETARY SUPPLEMENT**

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

Supplement Facts

Serving Size 1 Tablet Servings per Container 30

Amount per Serving	% DV
Thiamin (as thiamine hydrochloride with <i>S. cerevisiae</i>)† 9 mg	750%
Riboflavin (as riboflavin with organic brown rice)† 4 mg	308%
Niacin (as niacinamide with <i>S. cerevisiae</i>)† 45 mg NE	281%
Vitamin B6 (as pyridoxine hydrochloride with <i>S. cerevisiae</i>)† 10 mg	588%
Folate (as folic acid with broccoli)† 400 mcg DFE (240 mcg folic acid)	100%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>)† 50 mcg	2083%
Biotin (as biotin with organic brown rice)† 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate with organic brown rice)† 45 mg	900%
Organic Kale 125 mg	**

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, organic brown rice, rice protein, autolyzed yeast extract, silicon dioxide, stearic acid, hypromellose. Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA megafood.com / 800.848.2542

MegaFood Balanced B Complex is made with a range of B vitamins 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.

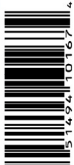
†This vitamin is paired with a whole food in our unique process. Satisfaction guaranteed or your money back.



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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Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



F1440B
Rev: 2 06/20
Lot#: _____
Best Before: _____