



Certified



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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™

Methyl B12

**Supports Heart & Blood Health
with the Active Form of B12***



with beets, 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 90

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

** % Daily Value (DV) not established

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

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
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MegaFood Methyl B12 contains the active form of vitamin B6 and methylated (active) forms of folate and B12 to help support heart and blood health and to maintain healthy levels of homocysteine, an amino acid found in the blood.* These vitamins are delivered together with nourishing, real food.

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.



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Best Before: 51494