

Manufactured by MegaFood  
An FDA Registered Facility, GMP Compliant, PO Box 325, Derry, NH 03038  
For more information visit [www.megafood.com](http://www.megafood.com) OR CALL 800-848-2542



F1220B-10  
Rev:17 07/10

Lot#:  
Best  
Before:



# MegaFood™

## 100% WHOLE FOOD



One Tablet Serving  
Gentle on Stomach

# BALANCED B COMPLEX

VEGETARIAN  
DIETARY SUPPLEMENT

60  
TABLETS

## Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving		% DV ▼	
100% Whole Food Nutrients†			
Thiamine (B-1).....	(36 mg <i>S. cerevisiae</i> *)	9 mg	600
Riboflavin (B-2) .....	(90 mg <i>S. cerevisiae</i> *)	9 mg	529
Niacinamide.....	(180 mg <i>S. cerevisiae</i> *)	45 mg	225
Vitamin B-6.....	(50 mg <i>S. cerevisiae</i> *)	10 mg	500
Folate.....	(40 mg broccoli*)	400 mcg	100
Vitamin B-12.....	(25 mg <i>S. cerevisiae</i> *)	125 mcg	2083
Biotin.....	(60 mg organic brown rice*)	300 mcg	100
Pantothenic Acid.....	(180 mg <i>S. cerevisiae</i> *)	45 mg	450
Organic Spinach.....		125 mg	**

\*\* % Daily Value (DV) not established

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**Other Ingredients:** Plant Cellulose, Vegetable Lubricant.

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

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

MegaFood has made the highest quality whole food supplements since 1973.

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

MegaFood **Balanced B Complex** is made from nourishing organic brown rice, broccoli and *Saccharomyces cerevisiae* to provide a balanced ratio of 100% whole food B complex vitamins and synergistic cofactors. Supplementation of all the B vitamins is important as they work together in many metabolic pathways in the body and play a vital role in energy production, maintaining a healthy nervous system and hormone production. **Balanced B Complex** is 100% whole food and therefore can be taken on an empty stomach, any time of the day.

MegaFood Balanced B Complex is made only from wholesome, all natural ingredients with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*



MegaFood™

Our Name is Our Promise™

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.

Tested to be **FREE** of:  
**Gluten, Dairy, Soy, Pesticides and Herbicides.**  
**Does Not Contain Corn or Wheat.**