



**MegaFood**<sup>®</sup>  
Fresh From Farm To Tablet™

**Vegan B12**

Supports Healthy Energy Levels\*

30 TABLETS  
30 SERVINGS

MULTIVITAMIN DIETARY SUPPLEMENT

# Supplement Facts

Serving Size 1 Tablet

Servings per Container 30

	Amount per Serving	% DV
⦿ Vitamin B6 (pyridoxine HCl with <i>S. cerevisiae</i> )	20 mg	1176
⦿ Folate (folic acid with broccoli) (400 mcg folic acid)	680 mcg DFE	170
⦿ Vitamin B12 (cyanocobalamin with <i>S. cerevisiae</i> )	500 mcg	20833
Organic Beetroot	100 mg	**

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

**Other Ingredients:** Cellulose, *S. cerevisiae*, Silica, Stearic Acid.

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

MegaFood Vegan B12 combines a synergistic blend of vitamins B6, folic acid, and vegan B12 to support the healthy formation of blood cells for optimal physical performance and mental energy.\*

⦿ This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. Each vitamin is paired with an ideal whole food 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](http://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](http://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, Manchester, NH 03108 [megafood.com](http://megafood.com) / 800.848.2542



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