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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®

From Farm to Tablet®

Balanced B Complex

Support cellular energy production with B vitamins including active forms of folate & B12†
Plus food blend

30 TABLETS / 30 SERVINGS **DIETARY SUPPLEMENT**



Suggested Use: Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 30

Amount per serving	% DV
Thiamin (as thiamine hydrochloride) 9 mg	750%
Riboflavin (as riboflavin) 4 mg	308%
Niacin (as niacinamide) 45 mg NE	281%
Vitamin B6 (as pyridoxine hydrochloride) 10 mg	588%
Folate (as calcium L-5-methyltetrahydrofolate) 400 mcg DFE (240 mcg L-5-MTHF)	100%
Vitamin B12 (as methylcobalamin) 50 mcg	2083%
Biotin (as biotin) 30 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 45 mg	900%

***Food Blend** 258 mg
Organic brown rice, organic kale, organic broccoli

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, 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 product is made with food-paired vitamins. Satisfaction guaranteed or your money back.

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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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