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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

60 TABLETS / 60 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 60

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.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

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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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