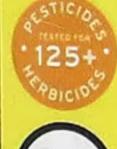
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Balanced B Complex

> Support cellular energy production

with B vitamins including active forms of folate & B12

Plus food blend

90 TABLETS / 90 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 90

serving size I tablet	26tailla2 hei couram	01 00
Amount per serving		% DV
Thiamin (as thiamine hydrochloride) 9 mg		750%
Riboflavin (as riboflavin) 4 mg		308%
Niacin (as niacinamide) 45 mg N	JE .	281%
Vitamin B6 (as pyridoxine hydro		588%
Folate (as calcium L-5-methylter (240 mcg L-5-MTHF)		100%
Vitamin B12 (as methylcobalam	in) 50 mca	2083%
Biotin (as biotin) 30 mcg	mi) oo mog	100%
Pantothenic Acid (as d-calcium	pantothenate) 45 mg	900%
*Food Blend 258 mg Organic brown rice, organic k		**
** % Daily Value (DV) not establish	ed	

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.

Our purpose is to grow a healthier world. This guides everything we do, from environmental impact and employee well-being to sourcing and how we make our products.

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.

We hope you enjoy this product. Satisfaction guaranteed or your money back.

†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.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.

F1496B Rev: 1 10/21

Lot#: Best By:

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