

Learn about our seals:  
megafood.com/standards



† 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

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

| 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<br>(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.†

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#: 117 12:59  
Best By: 10166195  
APR 2025

