

Learn about our seals:
megafood.com/standards

MegaFood®

From Farm to Tablet*

Methyl B12

Supports cellular energy production with the active form of 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

Vitamin B6 (as pyridoxal-5-phosphate) 8 mg 471%

Folate (as calcium L-5-methyltetrahydrofolate) 340 mcg DFE (204 mcg L-5-MTHF) 85%

Vitamin B12 (as methylcobalamin) 500 mcg 20833%

***Food Blend** 242 mg **
Beetroot, organic brown rice, organic broccoli

** % Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, stearic acid, silicon dioxide, rice protein, hypromellose, autolyzed yeast extract.

MADE BY MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

MegaFood Methyl B12 contains the active form of vitamin B6 and methylated (active) forms of folate and B12 to help support heart and blood health and to maintain healthy levels of homocysteine, an amino acid found in the blood.†

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.

† 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.



F1379B
Rev: 7 04/22

Best By:
Lot#:

181 02:55
10333061
JUN 2025

