



F1220B
Rev: 19 04/12
Lot#: _____
Best Before: _____

MegaFood™

Fresh From Farm To Tablet™

Balanced B Complex

Nourish • Energize • Replenish*



30
TABLETS
30
SERVINGS

WHOLE FOOD MULTIVITAMIN
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet Servings per Container 30

	Amount per Serving	% DV ▼
FoodState Nutrients		
Thiamine (B-1).....	(36 mg†; <i>S. cerevisiae</i>)	9 mg 600
Riboflavin (B-2)....	(90 mg†; <i>S. cerevisiae</i>)	9 mg 529
Niacinamide	(180 mg†; <i>S. cerevisiae</i>)	45 mg 225
Vitamin B-6	(50 mg†; <i>S. cerevisiae</i>)	10 mg 500
Folate	(40 mg†; broccoli)	400 mcg 100
Vitamin B-12	(25 mg†; <i>S. cerevisiae</i>)	125 mcg 2083
Biotin	(60 mg†; organic brown rice)	300 mcg 100
Pantothenic Acid	(180 mg†; <i>S. cerevisiae</i>)	45 mg 450
Organic Spinach.....		125 mg **

** % Daily Value (DV) not established

† Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant, Silica.
Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition – much more than vitamins alone.

FoodState Nutrients™ are made with fresh and local foods. Crafted with our Slo-Food Process™, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.

*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.

Certified Gluten-Free by QAI