



F1404B
Rev: 2 05/12
Lot#: _____
Best Before: _____

MegaFood™

Fresh From Farm To Tablet™

Vegan B12™

Nourish • Energize • Awaken*



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		
Vitamin B-6	(100 mg†; <i>S. cerevisiae</i>)	20 mg 1000
Folate	(40 mg†; broccoli)	400 mcg 100
Vitamin B-12	(100 mg†; <i>S. cerevisiae</i>)	500 mcg 8333
Organic Beet Root		100 mg **

** % Daily Value (DV) not established

† Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, *S. cerevisiae*, Vegetable Lubricant, Silica.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

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.

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.

Vegan B12 is crafted to help enhance the body's natural energy stores, mental alertness, and overall well-being.* Supplementation of B12 is recommended for those with a low dietary intake of this vital nutrient, as well as those over 50, many of whom are deficient due to the decreased ability to absorb this nutrient.

* 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