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F1220B
Rev: 23 09/15

Best Before: Lot#:

MegaFood®

Fresh From Farm To Tablet™

Balanced B Complex

Nourish • Energize • Replenish

NON GMO Project VERIFIED nongmoproject.org

CERTIFIED GLUTEN-FREE NSF

CERTIFIED VEGAN VEGAN.ORG

TESTED FREE OF PESTICIDES & HERBICIDES

SOY FREE

DAIRY FREE

FARM FRESH

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Supplement Facts

Serving Size 1 Tablet **Servings per Container** 60

Amount per Serving			% DV ▼
FoodState Nutrients			
Thiamine (B-1).....(36 mg†; *S. cerevisiae*)	9	mg	600
Riboflavin (B-2)....(90 mg†; *S. cerevisiae*)	9	mg	529
Niacinamide .....(180 mg†; *S. cerevisiae*)	45	mg	225
Vitamin B-6.....(50 mg†; *S. cerevisiae*)	10	mg	500
Folate .....(40 mg†; broccoli)	400	mcg	100
Vitamin B-12.....(25 mg†; *S. cerevisiae*)	125	mcg	2083
Biotin .....(60 mg†; organic brown rice)	300	mcg	100
Pantothenic Acid (180 mg†; *S. cerevisiae*)	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, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.

PLEASE RECYCLE