



MegaFood®

Fresh From Farm To Tablet™

Methyl B12

Active Coenzyme Form of B12



with Beets, Broccoli & Brown Rice
**MULTIVITAMIN
DIETARY SUPPLEMENT**

**90
TABLETS**
**90
SERVINGS**

Supplement Facts

Serving Size 1 Tablet

Servings per Container 90

	Amount per Serving	% DV ▼
Vitamin B6 (P5P in organic brown rice†)	8 mg	400
Folate (5-MTHF in broccoli)	200 mcg	50
Vitamin B12 (methylcobalamin in <i>S. cerevisiae</i>)	500 mcg	8333
WholeState™ Beet Root..... (from Stahlbush Island Farms)	225 mg	**

** % Daily Value (DV) not established

† Lundberg Family Farms

Other Ingredients: Plant Cellulose, Stearic Acid, Silica.

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

MegaFood will donate a portion of the profit from the sale of this product to benefit the art and healthy eating curriculum at the Jordan Schnitzer Museum of Art. To learn more visit www.megafood.com/supportsart

**WE MAKE IT ALL IN NEW HAMPSHIRE SO YOU CAN FEEL
AWESOME WHEREVER YOU ARE**
MegaFood, PO Box 325, Derry, NH 03038
800-848-2542 megafood.com

Lundberg Family Farms Since 1937 is a registered trademark of Wehah Farm, Inc.

STAHLBUSH® is a registered trademark of Stahlbush Island Farms, Inc.

MegaFood is proud to partner with Stahlbush who supplies the nourishing beet root included in our Methyl B12 formula. Stahlbush Island Farms, located in the heart of Oregon's Willamette Valley, is an environmentally friendly farm committed to sustainable and organic agriculture. "We put our heart and soul into ensuring that our land will be fertile, healthy, and bountiful for future generations," says Karla S. Chambers, Stahlbush Co-Owner.

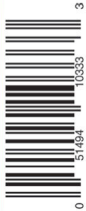


**Bill and Karla S. Chambers,
Owners of Stahlbush
Island Farms**

YOU'LL LIKE THE WAY REAL FEELS

MegaFood has been improving lives since 1973. We start with whole foods from trusted farm partners to craft each of our FoodState Nutrients™, delivering authentic nutrition far more than vitamins and minerals alone. We like the feel of fresh vegetables, the smell of real fruit. Of working with real farmers. Of being a small, honest, rooted-in-real New Hampshire company. We like the feel of being real, using real, making real. And we think you will too. See how our supplements are made at megafood.com/showme.

FoodState Nutrients™ are made with whole foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.



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Best
Before:
Lot#: