



F1404B
Rev: 6 10/15
Best Before:
Lot#:

MegaFood®

Fresh From Farm To Tablet™

Vegan B12

Nourish • Energize • Awaken



30
TABLETS
30
SERVINGS

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

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.

Supplementation of B12 is recommended for those with a low dietary intake of this vital nutrient, as well as those over 50, due to the decreased ability to absorb this nutrient.

