



MegaFood[™]
NOURISH YOUR LIFE

BALANCED B COMPLEX

*Balanced Ratio of
100% Whole Food B Vitamins**



Organic Spinach



100% WHOLE FOOD FOR LIFE

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MegaFood Balanced B Complex delivers all 8 of the B vitamins as a synergistic B Complex within nourishing whole food. Their functions are so interrelated choosing a **Balanced B Complex** (all 8 B vitamins) over single B vitamins is highly recommended so they can work harmoniously and perform at their peak levels.

Cellular energy production is the most important function of the B complex vitamins and they are known as catalysts in generating our inner fuel. Providing mental and physical energy, supporting healthy blood, a healthy heart, immune system function and a healthy response to stress, the B complex vitamins are essential nutrients for life everyday.

MegaFood Balanced B Complex is 100% whole food. Delivered in our gently dried FoodState® *Saccharomyces cerevisiae* concentrates, **MegaFood Balanced B Complex** is easy-to-digest and fast-acting. Our FoodState® concentrates deliver optimal potencies of B vitamins with a complex array of synergistic phytonutrients to support true bioavailability and proper nutrient utilization. Unlike conventional B vitamin supplements, **MegaFood Balanced B Complex** is nourishing whole food and it will not upset your stomach, even when you take it on an empty stomach and with no after taste. Organic spinach, rich in energizing-chlorophyll, was also included in **Balanced B Complex** to help promote energy levels throughout the day.*

MegaFood Balanced B Complex is tested free of pesticides and herbicides and is validated to be free of gluten, dairy and soy—suitable for vegan and vegetarian diets.

Suggested Use: B vitamins are water soluble which means they are not easily stored in the body and need to be replenished daily for optimal health, especially if you are physically active or have a demanding or stressful lifestyle.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information call 800-848-2542
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Made in the USA

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