



MegaFood
Fresh From Farm To Tablet™

Blood Builder®

**Clinically Proven to
Increase Iron Levels***



with Beets, Oranges & Broccoli
**IRON & MULTIVITAMIN
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet
Servings per Container 30

	Amount per Serving	% DV
Vitamin C (ascorbic acid with organic orange)	15 mg	17
Folate (folic acid with broccoli) (400 mcg folic acid)	680 mcg DFE	170
Vitamin B (cyanocobalamin with <i>S. cerevisiae</i>)	30 mcg	1250
Iron (mineral bound <i>S. cerevisiae</i>)	26 mg	144
Beet Root	125 mg	**

** % Daily Value (DV) not established

Other Ingredients: Stearic Acid, Cellulose.

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

Shown in an 8 week clinical study to increase iron levels in individuals with low iron, without causing nausea or constipation.*
Study details at bloodbuilder.com

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

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. MegaFood is proud to partner with Stahlbush in growing the nourishing beet root included in our Blood Builder® formula.



Bill and Karla Chambers of
Stahlbush Island Farms

⬢ This MegaFood product is made with real food sourced from our trusted family farm partners, wholesome nutritional yeast and added nutrients. Each vitamin or mineral is paired with an ideal whole food using our unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself. See how they're made at megafood.com/showme. Satisfaction guaranteed or your money back.

⚠ 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.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Made with Love by MegaFood, PO Box 5244,
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