

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

Feeling weak or fatigued? If your body is low on red blood cells, it works harder to circulate oxygen. Blood Nourish-R™ is formulated with all-natural, easy-to-absorb ingredients to nourish the blood building process, revitalize, and support energy levels—without causing constipation.*



More about
our product!



LifeSeasons Heart
Synergistic formulas
tested for purity and
potency*

Springville, Utah
www.lifeseasons.com
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Blood Nourish-R™ supports
the body with nutrients needed for
building healthy blood.*

- **Iron** - an easy-to-assimilate form of the must-have mineral for improving red blood cell count*
- **Vitamin B12** - plays an essential role in red blood cell formation*
- **Alfalfa** - rich in phytonutrients and chlorophyll to support healthy circulation*
- **Beet Root** - a superfood, rich in vitamins, minerals, and amino acids, shown to improve blood flow*
- **Red Raspberry** - a natural source of blood-building minerals polyphenols, and antioxidants; traditionally used as a female tonic*

CAUTION: As with any dietary supplement, do not take without first consulting your healthcare practitioner, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

Rev. 03.20

*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.



LifeSeasons®

Blood Nourish-R™ Blood Building Support*

Iron

Vitamin B12

Alfalfa

Beet Root

Red Raspberry

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules
daily with food.

Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount per serving	% Daily Value**
Vitamin B1 (as thiamine hydrochloride)	25 mg	2,083%
Folate (as calcium folinate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Iron (ferrous bisglycinate chelate from Albion Ferrochel®)	50 mg	278%
Alfalfa leaf (<i>Medicago sativa</i>) with ConcenTrace® trace minerals	100 mg	†
Beet root (<i>Beta vulgaris</i>)	100 mg	†
Burdock root (<i>Arctium lappa</i>)	100 mg	†
Nettle leaf extract (<i>Urtica dioica</i>) (4:1)	100 mg	†
Red Raspberry leaf (<i>Rubus idaeus</i>)	100 mg	†

† Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Hypromellose (vegetable
cellulose), rice bran, and silica.

MADE WITHOUT artificial colors, preservatives,
yeast, eggs, fish, shellfish, peanuts, tree nuts,
wheat, soy, milk, gluten, and magnesium stearate.

Vegetarian formula. Made in the U.S.A.

WARNING: Accidental overdose of
iron-containing products is a leading
cause of fatal poisoning in children
under 6. Keep this product out of
reach of children. In case of acci-
dental overdose, call a doctor or
poison control center immediately.