



MegaFood
Fresh From Farm To Tablet™

Blood Builder® Minis

Shown in a Clinical Study
to Increase Iron Levels
Without Side Effects†*



with beets, oranges & broccoli

IRON SUPPLEMENT

Suggested Use: Adults take 2 tablets daily with a beverage. May be taken anytime throughout the day, even on an empty stomach. Not intended for children.

Supplement Facts

Serving Size 2 Tablets Servings per Container 30

Amount per Serving	% DV
Vitamin C (as ascorbic acid with organic orange) ^{††} 15 mg	17%
Folate (as folic acid with broccoli) ^{††} 680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin with <i>S. cerevisiae</i>) ^{††} 30 mcg	1250%
Iron (as fermented iron bisglycinate) 26 mg	144%
Beetroot 188 mg	**

** % Daily Value (DV) not established

Other Ingredients: Ferment media (rice protein, autolyzed yeast extract, yeast [inactive], organic brown rice), stearic acid, rice protein, silicon dioxide, organic brown rice, autolyzed yeast extract, hypromellose.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
megafood.com / 800.848.2542

MegaFood Blood Builder Minis are clinically shown to increase iron levels without nausea or constipation.^{†*} Take two of these convenient mini tablets a day. We add whole foods like beets and organic oranges, with key nutrients like folate, iron and B12, that help to improve energy levels and combat fatigue. Vitamin C is included to support iron absorption.*

This MegaFood product is made with real food, wholesome nutritional yeast and added nutrients. ^{††}This vitamin is paired with a whole food in our unique process. Satisfaction guaranteed or your money back.



We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

[†]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

*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.

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.

Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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Best Before:
Lot: #101