

Please Recycle ♻

Manufactured by MegaFood  
An FDA Registered Facility, GMP Compliant, PO Box 325, Derry, NH 03038  
For more information visit [www.megafood.com](http://www.megafood.com) OR CALL 800-848-2542



F1221B-10

Rev 19: 07/10

Best  
Before: Lot#:



# MegaFood™

## 100% WHOLE FOOD



Non-Binding &  
Gentle on Stomach

# BLOOD BUILDER®

VEGETARIAN  
DIETARY SUPPLEMENT

30  
TABLETS

## Supplement Facts

Serving Size 1 Tablet Servings per Container 30

	Amount per Serving	%DV ▼
<b>100% Whole Food Nutrients†</b>		
Vitamin C..... (60 mg whole oranges <sup>†</sup> )	15 mg	25
Folate..... (40 mg broccoli <sup>†</sup> )	400 mcg	100
Vitamin B-12..... (6 mg <i>S. cerevisiae</i> <sup>†</sup> )	30 mcg	500
Iron ..... (520 mg <i>S. cerevisiae</i> <sup>†</sup> )	26 mg	144
Organic Beet Root.....	125 mg	**

\*\* % Daily Value (DV) not established

**Other Ingredients:** Plant Cellulose, Vegetable Lubricant.

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

† FoodState® concentrates, made from fresh, raw foods, deliver 100% whole food nutrients and protective antioxidants - *As Nature Intended*. They are a natural source of vital phytonutrients, including CoQ10, SOD, glutathione, enzymes, lipoic acid, amino acids and beta glucans. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits.

MegaFood has made the highest quality whole food supplements since 1973.

**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.

**Blood Builder®** was crafted with 100% whole food iron, synergistic nutrients and organic beet root to:

- Maintain healthy iron levels in the blood\*
- Naturally combat fatigue and improve energy levels\*
- Promote healthy blood cell production\*

Organic beet root is a deep red food revered for its ability to nourish, purify and strengthen the blood.\* 100% whole food vitamin C further enhances iron absorption for maximum benefit. **Blood Builder** is a non-binding formula and is gentle on the stomach. **Blood Builder** is a safe iron formula suitable for use during pregnancy and lactation.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*

**Blood Builder** is made only from wholesome, all natural ingredients, certified organic herbs and with no preservatives.



MegaFood

Our Name is Our Promise™

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference- Satisfaction Guaranteed.

**Tested to be FREE of:**  
**Gluten, Dairy, Soy, Pesticides and Herbicides.**  
**Does Not Contain Corn or Wheat.**

\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.