MegaFood®

Fresh From Farm To Tablet™

Blood Builder®

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

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)	680 mcg DFE (400 mcg folic acid)	170
Vitamin B12 (cyanocobalamin with *S. cerevisiae*)	30 mcg	1250
Iron (mineral bound *S. cerevisiae*)	26 mg	144
Beetroot	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

MegaFood Blood Builder is made with nourishing, whole foods, like beets and organic oranges, plus folate, iron and B12 for healthy red blood cell production, and vitamin C to support iron absorption.*

This MegaFood product is made with real food, 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.

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

* 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, Manchester, NH 03108 • megafood.com / 800.848.2542

PLEASE RECYCLE

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