

MegaFood®

Blood Builder® Liquid Iron

Once Daily

Formulated to

- Support healthy energy*
- Be non-constipating & gentle on the stomach*



Orchard Fruit

Flavored with tart cherry, apple & pear juice concentrate with other natural flavors

*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.

15.8 FL OZ (470 mL)

IRON SUPPLEMENT

Suggested Use: Shake well before use. Adults: take 2 teaspoons (10 mL) daily.

Supplement Facts

Serving size: 2 tsp (10 mL)
Servings per container 47

Amount per Serving	% DV
Calories 30	
Total Carbohydrate 7 g	3%*
Total Sugars 1 g	**
Vitamin B12 (as cyanocobalamin) 10 mcg	417%
Iron (as fermented iron bisglycinate) 27 mg	150%

* % Daily Value (DV) based on a 2,000 calorie diet

** % Daily Value (DV) not established

Other Ingredients: Organic glycerin, water, apple juice concentrate, pear juice concentrate (*Pyrus sp.*), tart cherry juice concentrate, natural flavors, beetroot juice concentrate, citrus peel extract (to preserve freshness).

Made for MegaFood, PO Box 5244, Manchester, NH 03108
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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 refrigerate after opening. Once open, consume within two months.



10368B - Rev: 1 - 08/21

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MegaFood®

We are a vitamin and supplement company working to help grow a healthier world.

Since 1973, we've been dedicated to producing high-quality supplements. We pair key vitamins and minerals with real food ingredients to support your optimal wellness.



To learn about our seals, please visit megafood.com/standards.