

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



*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.

MegaFood®
From Farm to Tablet®

Blood Builder®

IRON

Clinically shown
to increase iron
levels without
side effects*†
Plus real food

30 TABLETS / 30 SERVINGS DIETARY SUPPLEMENT



Suggested Use: Adults take 1 tablet daily with a beverage. May be taken any time of day, even on an empty stomach.

Supplement Facts

Serving size 1 tablet Servings per container 30

Amount per serving	% DV
Vitamin C (as ascorbic acid) 15 mg	17%
Folate (as folic acid) 680 mcg DFE (408 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin) 30 mcg	1250%
Iron (as fermented iron bisglycinate) 26 mg	144%
Organic beetroot 125 mg	**
*Food Blend 36 mg	**
Organic brown rice, organic orange, organic broccoli	

** % Daily Value (DV) not established

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

MADE BY MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

MegaFood Blood Builder is clinically shown to increase iron levels without nausea or constipation.*† We add real food like organic beets and 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 product is made with food-paired vitamins and fermented minerals. Satisfaction guaranteed or your money back.

*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

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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 avoid exposure to moisture. Once open, consume within three months. Tablet color may naturally change over time.



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Best By:

Lot#: