

Directions: Take 2 capsules daily with food.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a health-care professional before use. Not intended for children.

Keep out of reach of children. Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

Vegetarian. Gluten-Free. Made in USA with globally sourced ingredients. No colors, flavors, preservatives, yeast, magnesium stearate, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soy.

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Blood Nourish-R® helps promote blood building & support energy without causing constipation*

- **Iron** (in an easily absorbed chelate form) is essential for red blood cell production*
- **Vitamin B12** supports red blood cell formation*
- **Alfalfa** and **Beet Root** help promote healthy circulation*
- **Red Raspberry** helps relax blood vessels*
- **Burdock** is used as a blood purifier in Traditional Chinese Medicine*



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

 **LifeSeasons®**
THERAPEUTICS

Blood Nourish-R®

Blood Building Support*

Red Raspberry
Vitamin B12
Beet Root
Alfalfa
Iron

DIETARY SUPPLEMENT
60 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 2 Capsules / Servings Per Container 30

Amount Per Serving		% DV
Thiamin (Vitamin B1) (as thiamine hydrochloride)	25 mg	2,083%
Folate (as calcium folinate)	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Iron (ferrous bisglycinate chelate from Albion Ferrochel®)	50 mg	278%
Alfalfa (<i>Medicago sativa</i>) Aerial with Concentrace® trace minerals	100 mg	**
Beet (<i>Beta vulgaris</i>) Root	100 mg	**
Burdock (<i>Arctium lappa</i>) Root	100 mg	**
Nettle (<i>Urtica dioica</i>) Leaf Extract (4:1)	100 mg	**
Red Raspberry (<i>Rubus idaeus</i>) Leaf	100 mg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (Vegetable Cellulose), Rice Bran, and Silica.

Exclusively formulated and distributed by
LifeSeasons®, Kaysville, UT 84037, USA
Questions? (877) 455-2826 or
www.lifeseasons.com