

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

180 TABLETS / 180 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 180

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.

We believe the most nutritious food comes from healthy soil. Our goal is to partner with farmers who share our commitment to regenerative agriculture, working to nourish the soil for quality ingredients that make for premium supplements.

^{*} 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 six months. Tablet color may naturally change over time.



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