

WITH
VITAMIN
B12

MegaFood
SINCE 1973

Liquid Iron Blood Builder™

ONCE DAILY

Clinically shown to increase
iron levels without side effects*

Orchard Fruit

Flavored with other natural flavors



DIETARY SUPPLEMENT

NET 7.7 FL OZ (230 mL)



Learn about our seals:
megafood.com/standards



FOR THE
PLANET

Certified



Corporation

Discard Seal,
Empty &
Replace Cap



PLASTIC
BOTTLE

*Not recycled in
all communities

how2recycle.info

† 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.

Suggested Use: Shake well before use. Take about 1/2 teaspoon (3 mL) - 1 teaspoon (5 mL) daily, or as directed by your health care provider. Pregnant or lactating women, take 2 teaspoons (10 mL) daily or as directed by your health care provider.

Supplement Facts

Serving size: about 1/2 tsp (3 mL) 1 tsp (5 mL) 2 tsp (10 mL)
Servings per container: About 76 About 46 About 23

Amount per serving	Kids 4 and older, Women over 50, and Men		Women Ages 14-50		Pregnant / Lactating Women	
	% Daily Value		% Daily Value		% Daily Value	
Calories	10		15		30	
Total Carbohydrate	2 g	1%*	3 g	1%*	7 g	3%*
Total Sugars			<1 g		1 g	
Vitamin B12 (as cyanocobalamin)	3 mcg	125%	5 mcg	208%	10 mcg	357%
Iron (as fermented iron bisglycinate)	8 mg	44%	14 mg	78%	27 mg	100%

*% Daily Values based on a 2,000 calorie diet **Daily Value 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 USA - MEGAFOOD.COM - 800.848.2542

*Based on an 8 week clinical study of MegaFood Blood Builder™ Liquid Iron supplement, at 10 mL per daily dose.

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 three months. Do not use if seal under cap is broken or missing.