



F1221B
Rev: 22 04/12
Best Before:
Lot#:

MegaFood™

Fresh From Farm To Tablet™

Blood Builder®

Nourish • Restore • Gentle*



60
TABLETS
60
SERVINGS

WHOLE FOOD MULTIVITAMIN &
MINERAL DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet Servings per Container 60

	Amount per Serving	% DV	▼
FoodState Nutrients			
Vitamin C	(60 mg†; oranges)	15 mg	25
Folate	(40 mg†; broccoli)	400 mcg	100
Vitamin B-12	(6 mg†; <i>S. cerevisiae</i>)	30 mcg	500
Iron	(520 mg†; <i>S. cerevisiae</i>)	26 mg	144
Organic Beet Root		125 mg	**

** % Daily Value (DV) not established
† Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Vegetable Lubricant.
Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

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.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition – much more than vitamins alone.

FoodState Nutrients™ are made with fresh and local foods. Crafted with our Slo-Food Process™, they deliver the most authentic nourishment available, which we believe the body recognizes as 100% whole food.

*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.

Certified Gluten-Free by QAI