

MegaFood®

Fresh From Farm To Tablet™

Blood Builder®

Nourish • Restore • Gentle



IRON & MULTIVITAMIN
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 180

	Amount per Serving	% DV	▼
FoodState Nutrients			
Vitamin C	(60 mg†; organic orange)	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
FoodState® Farm Fresh Beet Root.....		125 mg	**

** % Daily Value (DV) not established

† Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Vegetable Lubricant, Plant Cellulose.

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

STAHLBUSH® is a registered trademark of Stahlbush Island Farms, Inc.

Stahlbush Island Farms, located in the heart of Oregon's Willamette Valley, is an environmentally friendly farm committed to sustainable and organic agriculture. "We put our heart and soul into ensuring that our land will be fertile, healthy, and bountiful for future generations," says Karla S. Chambers, Stahlbush Co-Owner. MegaFood is proud to partner with Stahlbush in growing the nourishing beet root included in our Blood Builder® formula. 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, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.



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