

### **Blood Nourish-R™ Blood Building Support\***

- Nourishes healthy blood building processes\*
- Non-constipating and easy to absorb\*
- Revitalizes and energizes\*

### **LifeSeasons® Formulated for Life.**

We create products that are formulated to address specific health concerns that commonly occur through all stages of life. We develop the most effective and potent combination of nutrients, using clinically-tested, natural ingredients that the body can easily absorb.

Manufactured for LifeSeasons®  
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[www.lifeseasons.com](http://www.lifeseasons.com)  
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### **Blood Nourish-R™ provides nutrients and herbs needed for building healthy blood.\***

**Iron** - A mineral needed for red blood cell formation, in a form that is easy to assimilate\*

**Vitamin B12** - A nutrient required for red blood cell formation\*

**Alfalfa** - This phytonutrient-rich tonic herb is a source of vitamins, minerals and chlorophyll\*

**Beet Root** - A superfood, rich in many nutrients, including vitamins, minerals, betaine, and amino acids\*

**Red Raspberry Leaf** - Traditionally used as a female tonic herb, it is a natural source of nutrients required for building blood\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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LifeSeasons®

## **Blood Nourish-R™ Blood Building Support\***

Iron

Vitamin B12

Alfalfa

Beet Root

Red Raspberry Leaf

Dietary Supplement  
60 Vegetarian Capsules

Suggested Use: Take 2 capsules daily with food.

### **Supplement Facts**

Serving Size: 2 capsules daily  
Servings per container: 30

|                                                            | Amount<br>per serving | % Daily<br>Value** |
|------------------------------------------------------------|-----------------------|--------------------|
| Vitamin B1 (as thiamine hydrochloride)                     | 25 mg                 | 1,666%             |
| Vitamin B12 (as methylcobalamin)                           | 1,000 mcg             | 1,666%             |
| Folate (as calcium folinate)                               | 400 mcg               | 100%               |
| Iron (ferrous bisglycinate chelate from Albion Ferrochel®) | 50 mg                 | 278%               |
| Alfalfa leaf (Medicago sativa) from Concentrace®           | 100 mg                | †                  |
| Beet root (Beta vulgaris)                                  | 100 mg                | †                  |
| Burdock root (Arctium lappa)                               | 100 mg                | †                  |
| Nettle leaf extract (Urtica dioica) 4:1                    | 100 mg                | †                  |
| Red Raspberry leaf (Rubus idaeus)                          | 100 mg                | †                  |

† Daily Value not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet

**Other Ingredients:** Rice bran, hypromellose (vegetable cellulose) and silica.

**DOES NOT CONTAIN** artificial colors, gluten, preservatives, yeast, wheat, soy, corn and milk.

**GLUTEN FREE  
VEGETARIAN FORMULA  
NO MAGNESIUM STEARATE**

**DO NOT TAKE WITHOUT FIRST  
CONSULTING YOUR HEALTH CARE  
PROVIDER.**