A REFERENCE GUIDE TO THE MEGAFOOD® BLOOD BUILDER® STUDY:
Effects of a commercially-available, low-dose iron supplement (Blood Builder®) on markers of iron status among premenopausal and non-anemic, iron-deficient women.

NOW FOR SOME GOOD NEWS
Our beloved MegaFood Blood Builder is now backed by a clinical study!

WHO: 23 premenopausal women with non-anemic iron deficiency (NAID) (This means that they had clear iron deficiency but were not anemic)

WHAT: 1 serving per day of Blood Builder for 8 weeks. Participants also kept a “study diary” to note energy levels and any side effects

WHERE: The study was conducted at the Center for Integrative Medicine, University of Maryland School of Medicine

WHAT WERE THE RESULTS? (MORE GOOD NEWS!)

• According to the World Health Organization, iron deficiency is the most common nutrient deficiency in the world
• Adverse side effects such as abdominal pain, constipation and nausea keep many women from taking their iron supplements

• There were statistically significant improvements in every measure of iron status: Serum Ferritin, Hemoglobin and Total Body Iron Stores all increased.
• There were statistically significant decreases in the severity and frequency of fatigue.
• There were no reports of negative GI side effects typically associated with iron supplementation (e.g. nausea, vomiting, diarrhea or constipation)

WHAT DOES THIS MEAN?

Now there is an iron supplement that has been clinically shown to increase iron levels and reduce fatigue without common gastrointestinal side effects! Blood Builder has been a MegaFood favorite for many years, and the recent study from the University of Maryland demonstrates its efficacy.

*DID YOU KNOW?

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**This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.