



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.

DID YOU KNOW?

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

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!)

- 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.

*Christopher R. D'Adamo; James S. Novick, MD; Termeh M. Feinberg, PhD, MPH; Valerie J. Dawson, BS; Larry E. Miller, PhD (2018). A Food-Derived Dietary Supplement Containing a Low Dose of Iron Improved Markers of Iron Status Among Iron-Deficient Women. *Journal of the American College of Nutrition*, Pages 342-349. Retrieved from <https://www.tandfonline.com/doi/full/10.1080/07315724.2018.1427158?scroll=top&needAccess=true&>.

[†]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. ©FoodState, Inc 2023