

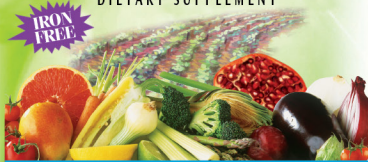
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www.bluebonnetnutrition.com

Manufactured by Bluebonnet Nutrition Corporation  
12915 Dairy Ashford, Sugar Land, TX 77478 USA

90 MINI-CAPLETS

IRON  
FREE

**Whole Food Based  
Multivitamin & Multimineral**  
with Pomegranate & Sprout Phytonutrients

DIETARY SUPPLEMENT

**MULTI**<sup>SUPER EARTH™</sup>  
**NUTRIENT**

Bluebonnet®

**Directions:** As a dietary supplement, take six mini-caplets daily, preferably with a meal or as directed by a healthcare practitioner.

## Supplement Facts

Serving Size 6 Mini-Caplets    Servings Per Container 15

| Amount<br>Per Serving                                                                         | % Daily<br>Value | Amount<br>Per Serving                                                         | % Daily<br>Value |
|-----------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------|------------------|
| <b>Vitamins &amp; Minerals</b>                                                                |                  | <b>Super Fruit Antioxidants</b>                                               |                  |
| Vitamin A<br>(natural beta-carotene)                                                          | 10,000 IU 200    | Pomegranate Extract<br>(providing polyphenols,<br>punicalagins, ellagic acid) | 25 mg *          |
| Vitamin C (L-ascorbic acid)                                                                   | 1000 mg 1667     | Tomato Extract<br>(lycopene)                                                  | 15 mg *          |
| Vitamin D3 (cholecalciferol)                                                                  | 400 IU 100       | <b>Plant Source Nutrients</b>                                                 |                  |
| Vitamin E (d-alpha tocopheryl<br>succinate)                                                   | 200 IU 667       | Spirulina                                                                     | 500 mg *         |
| Vitamin B1<br>(thiamin mononitrate)                                                           | 25 mg 1667       | Chlorella                                                                     | 150 mg *         |
| Vitamin B2 (riboflavin)                                                                       | 25 mg 1471       | Citrus Bioflavonoids                                                          | 100 mg *         |
| Vitamin B3 (niacinamide)                                                                      | 25 mg 125        | Flax Seed Powder                                                              | 100 mg *         |
| Vitamin B6 (pyridoxine HCl)                                                                   | 25 mg 1250       | Evening Primrose Oil<br>Powder                                                | 50 mg *          |
| Folate (folic acid)                                                                           | 400 mcg 100      | RNA                                                                           | 40 mg *          |
| Vitamin B12 (cyanocobalamin)                                                                  | 250 mcg 4167     | Quercetin                                                                     | 25 mg *          |
| Biotin                                                                                        | 100 mcg 33       | Rutin                                                                         | 25 mg *          |
| Pantothenic Acid<br>(calcium D-pantothenate)                                                  | 25 mg 250        | Chlorophyll                                                                   | 20 mg *          |
| Calcium (citrate, carbonate)                                                                  | 250 mg† 25       | DNA                                                                           | 12 mg *          |
| Iodine (potassium iodide)                                                                     | 150 mcg† 100     | Hesperidin                                                                    | 10 mg *          |
| Magnesium (aspartate)                                                                         | 125 mg† 31       | <b>Plant Source Enzymes</b>                                                   |                  |
| Zinc (picolinate)                                                                             | 15 mg† 100       | Bromelain<br>(pineapple) (2000 GDU/gram)                                      | 50 mg *          |
| Selenium (selenomethionine)                                                                   | 25 mcg† 36       | Papain (papaya)                                                               | 50 mg *          |
| Copper (histidine)                                                                            | 500 mcg† 25      | Amylase                                                                       | 5 mg *           |
| Manganese (gluconate)                                                                         | 5 mg† 250        | Cellulase                                                                     | 5 mg *           |
| Chromium (picolinate)                                                                         | 100 mcg† 83      | Glucoamylase                                                                  | 5 mg *           |
| Molybdenum<br>(amino acid chelate)                                                            | 150 mcg† 200     | Lipase                                                                        | 5 mg *           |
| Potassium (citrate)                                                                           | 50 mg† 1         | Protease                                                                      | 5 mg *           |
| <b>Herbs</b>                                                                                  |                  | <b>Herbs</b>                                                                  |                  |
| Choline Bitartrate                                                                            | 25 mg *          | Astragalus Root Extract                                                       | 5 mg *           |
| Inositol                                                                                      | 25 mg *          | Garlic Extract                                                                | 5 mg *           |
| PABA<br>(para-aminobenzoic acid)                                                              | 25 mg *          | Ginger Root Extract                                                           | 5 mg *           |
| Phytonutrient Sprouts<br>(broccoli, celery, watercress, kale,<br>mustard and cabbage sprouts) | 100 mg *         | Ginkgo Biloba Leaf<br>Extract                                                 | 5 mg *           |
|                                                                                               |                  | Horsetail Powder                                                              | 5 mg *           |
|                                                                                               |                  | Panax Ginseng Root<br>Extract                                                 | 5 mg *           |

\*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable glaze.

**Contains: Soybeans**

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.  
Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K certification #K-0000700

†Elemental