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www.bluebonnetnutrition.com

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



180 MINI-CAPLETS

IRON
FREE

Whole Food Based Multivitamin & Multimineral with Pomegranate & Sprout Phytonutrients

DIETARY SUPPLEMENT

MULTI NUTRIENT

SUPER EARTH™

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 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Super Fruit Antioxidants	
Vitamin A (natural beta-carotene)	10,000 IU 200	Pomegranate Extract (providing polyphenols, punicalagins, ellagic acid)	25 mg *
Vitamin C (L-ascorbic acid)	1000 mg 1667	Tomato Extract (lycopene)	15 mg *
Vitamin D3 (cholecalciferol)	400 IU 100	Plant Source Nutrients	
Vitamin E (d-alpha tocopheryl succinate)	200 IU 667	Spirulina	500 mg *
Vitamin B1 (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 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 (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	Plant Source Enzymes	
Zinc (picolinate)	15 mg† 100	Bromelain (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 (amino acid chelate)	150 mcg† 200	Lipase	5 mg *
Potassium (citrate)	50 mg† 1	Protease	5 mg *
Herbs		Herbs	
Choline Bitartrate	25 mg *	Astragalus Root Extract	5 mg *
Inositol	25 mg *	Garlic Extract	5 mg *
PABA (para-aminobenzoic acid)	25 mg *	Ginger Root Extract	5 mg *
Phytonutrient Sprouts (broccoli, celery, watercress, kale, mustard and cabbage sprouts)	100 mg *	Ginkgo Biloba Leaf Extract	5 mg *
		Horsetail Powder	5 mg *
		Panax Ginseng Root 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