



www.bluebonnetnutrition.com

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



PARVE

180 CAPLETS



GLUTEN
FREE



IRON
FREE

Whole Food Based Multivitamin & Multimineral with Pomegranate & Organic Sprout Blend

DIETARY SUPPLEMENT

MULTINUTRIENT

Bluebonnet®

SUPER EARTH™

Now With
Organic Sprouts

Directions: As a dietary supplement, take three caplets once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 3 Caplets Servings Per Container 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Super Fruit Antioxidants	
Vitamin A (as 10,000 IU beta-carotene)	1500 mcg 167	Pomegranate Extract (supplying polyphenols, punicalagins, ellagic acid)	25 mg *
Vitamin C (as L-ascorbic acid)	1000 mg 1111	Tomato Extract (supplying lycopene)	15 mg *
Vitamin D3 (as 400 IU cholecalciferol)	10 mcg 50	Plant Source Nutrients	
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	133 mg 887	Spirulina	500 mg *
Vitamin B1 (as thiamin mononitrate)	25 mg 2083	Chlorella	150 mg *
Vitamin B2 (as riboflavin)	25 mg 1923	Citrus Bioflavonoids	100 mg *
Vitamin B3 (as niacinamide)	25 mg 156	Flax Seed Powder	100 mg *
Vitamin B6 (as pyridoxine HCl)	25 mg 1471	Evening Primrose Oil Powder	50 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167	RNA	40 mg *
Vitamin B12 (as cyanocobalamin)	250 mcg 10,417	Quercetin	25 mg *
Biotin	100 mcg 333	Rutin	25 mg *
Pantothenic Acid (as calcium D-pantothenate)	25 mg 500	Chlorophyll	20 mg *
Calcium (as citrate, carbonate)	250 mg 19	DNA	12 mg *
Iodine (as potassium iodide)	150 mcg 100	Hesperidin	10 mg *
Magnesium (as aspartate)	125 mg 30	Plant Source Enzymes	
Zinc (as picolinate)	15 mg 136	Bromelain (from pineapple) (2000 GDU/gram)	50 mg *
Selenium (as selenomethionine)	25 mcg 45	Papain (from papaya)	50 mg *
Copper (as histidine)	500 mcg 56	Amylase	5 mg *
Manganese (as gluconate)	5 mg 217	Cellulase	5 mg *
Chromium (as picolinate)	100 mcg 286	Glucoamylase	5 mg *
Molybdenum (as glycinate chelate)	150 mcg 333	Lipase	5 mg *
Potassium (as citrate)	50 mg 1	Protease	5 mg *
Choline (as bitartrate)	10 mg 2	Herbs	
Inositol	25 mg *	Astragalus Root Extract	5 mg *
PABA (para-aminobenzoic acid)	25 mg *	Garlic Extract	5 mg *
Organic Sprout Blend (from organic broccoli sprout, organic kale sprout, organic mustard sprout powder)	100 mg *	Ginger Root Extract	5 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 and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Minerals are shown in their elemental value.