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Manufactured by  
Bluebonnet Nutrition Corporation  
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Bluebonnet®



# Super Vita-CoQ10 Formula®

Multivitamin & Multimineral  
Plus Antioxidants CoQ10 & NAC  
Dietary Supplement  
**180 Caplets**

**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 |
|---------------------------------------------------------------------------------------|---------------|
| Vitamin A<br>(as natural beta-carotene 10,000 IU)<br>(as vitamin A palmitate 5000 IU) | 15,000 IU 300 |
| Vitamin C (as L-ascorbic acid)                                                        | 1000 mg 1667  |
| Vitamin D <sub>3</sub> (as cholecalciferol)                                           | 1000 IU 250   |
| Vitamin E (as d-alpha tocopheryl succinate)                                           | 400 IU 1333   |
| Vitamin B <sub>1</sub> (as thiamin mononitrate)                                       | 75 mg 5000    |
| Vitamin B <sub>2</sub> (as riboflavin)                                                | 75 mg 4412    |
| Vitamin B <sub>3</sub> (as niacinamide)                                               | 75 mg 375     |
| Vitamin B <sub>6</sub> (as pyridoxine HCl)                                            | 75 mg 3750    |
| Folate (as folic acid)                                                                | 400 mcg 100   |
| Vitamin B <sub>12</sub> (as cyanocobalamin)                                           | 100 mcg 1667  |
| Biotin                                                                                | 300 mcg 100   |
| Pantothenic Acid (as calcium D-pantothenate)                                          | 75 mg 750     |
| Calcium (as citrate)                                                                  | 100 mg 10     |
| Magnesium (as aspartate)                                                              | 50 mg 13      |
| Zinc (as picolinate)                                                                  | 15 mg 100     |
| Selenium (as selenomethionine)                                                        | 200 mcg 286   |
| Copper (as histidine)                                                                 | 2 mg 100      |
| Manganese (as histidine)                                                              | 10 mg 500     |
| Chromium (as picolinate)                                                              | 50 mcg 42     |
| Molybdenum (as glycinate chelate)                                                     | 200 mcg 267   |
| Potassium (as aspartate)                                                              | 15 mg <1      |
| Citrus Bioflavonoid Complex                                                           | 300 mg *      |
| Hesperidin                                                                            | 75 mg *       |
| NAC (N-acetyl-L-cysteine)                                                             | 250 mg *      |
| Betaine HCl                                                                           | 100 mg *      |
| Choline Bitartrate                                                                    | 75 mg *       |
| Inositol                                                                              | 75 mg *       |
| PABA (para-aminobenzoic acid)                                                         | 75 mg *       |
| Quercetin                                                                             | 50 mg *       |
| Coenzyme Q10 (as ubiquinone)                                                          | 30 mg *       |
| Rutin                                                                                 | 30 mg *       |
| Boron (as citrate, aspartate, glycinate)                                              | 2 mg *        |

\* Daily Value not established.

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

### Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

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