



Manufactured by  
Bluebonnet Nutrition Corporation  
12915 Dairy Ashford, Sugar Land, Texas 77478 USA  
[www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)



# Bluebonnet



## Super Vita-CoQ10 Formula<sup>®</sup>

Multivitamin & Multimineral  
Plus Antioxidants CoQ10 & NAC  
Dietary Supplement  
**90 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 30

Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene 10,000 IU) (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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