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www.bluebonnetnutrition.com

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

Bluebonnet



MULTI ONE[®] Single Daily Multiple

With B-Complex 25
& Albion Chelated Minerals
Dietary Supplement
30 Vegetable Capsules

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene 5000 IU) (as vitamin A palmitate 5000 IU)	10,000 IU 200
Vitamin C (as L-ascorbic acid)	150 mg 250
Vitamin D3 (as cholecalciferol)	800 IU 200
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333
Vitamin B1 (as thiamin mononitrate)	25 mg 1667
Vitamin B2 (as riboflavin)	25 mg 1471
Vitamin B3 (as niacinamide)	25 mg 125
Vitamin B6 (as pyridoxine HCl)	25 mg 1250
Folate (as folic acid)	400 mcg 100
Vitamin B12 (as cyanocobalamin)	100 mcg 1667
Biotin	300 mcg 100
Pantothenic Acid (as calcium D-pantothenate)	25 mg 250
Calcium (as calcium citrate)	25 mg 2.5
Iron (as bisglycinate chelate)	10 mg 56
Iodine (as potassium iodide)	150 mcg 100
Magnesium (as magnesium aspartate)	10 mg 2.5
Zinc (as bisglycinate chelate)	15 mg 100
Selenium (as glycinate complex) ^{††}	50 mcg 71
Copper (as bisglycinate chelate)	2 mg 100
Manganese (as bisglycinate chelate)	5 mg 250
Chromium (as nicotinate glycinate chelate)	150 mcg 125
Molybdenum (as glycinate chelate)	150 mcg 200
Potassium (as potassium aspartate)	5 mg <1
Choline Bitartrate	25 mg *
Inositol	25 mg *
PABA (para-aminobenzoic acid)	10 mg *
Lutein (from marigold flower extract)	500 mcg *

* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silica.

Contains: Soybeans

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

Minerals are shown in their elemental value.

^{††}Albion Advanced Nutrition Amino Acid Complex

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Bluebonnet's KOF-K Certification #K-0000700

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