


**IRON
FREE**
90 CAPLETS

**Now With
Organic Sprouts**

Manufactured by Bluebonnet Nutrition Corporation
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www.bluebonnetnutrition.com

Bluebonnet® 1 SUPER EARTH® SINGLEDAILY

**Whole Food Based
Multiple in One Caplet**
DIETARY SUPPLEMENT



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

Supplement Facts

Serving Size 1 Caplet

Servings Per Container 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Super Fruit Antioxidants	
Vitamin A (as 5,000 IU beta-carotene)	750 mcg 83	Pomegranate Extract (supplying polyphenols, punicalagins, ellagic acid)	12.5 mg *
Vitamin C (as L-ascorbic acid)	100 mg 111	Tomato Extract (supplying lycopene)	5 mg *
Vitamin D3 (as 400 IU cholecalciferol)	10 mcg 50	Plant Source Nutrients	
Vitamin E (as 30 IU d-alpha tocopheryl succinate)	20 mg 133	Spirulina	150 mg *
Vitamin B1 (as thiamin mononitrate)	5 mg 417	Chlorella	50 mg *
Vitamin B2 (as riboflavin)	5 mg 385	Citrus Bioflavonoids	50 mg *
Vitamin B3 (as niacinamide)	20 mg 125	Flax Seed Powder	50 mg *
Vitamin B6 (as pyridoxine HCl)	5 mg 294	Evening Primrose Oil Powder	50 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167	RNA	20 mg *
Vitamin B12 (as methylcobalamin, cyanocobalamin)	24 mcg 1000	Quercetin	10 mg *
Biotin	100 mcg 333	Rutin	10 mg *
Pantothenic Acid (as calcium D-pantothenate)	20 mg 400	Chlorophyll	10 mg *
Calcium (as citrate, carbonate)	100 mg 8	DNA	6 mg *
Iodine (as potassium iodide)	75 mcg 50	Hesperidin	5 mg *
Magnesium (as aspartate)	50 mg 12	Plant Source Enzymes	
Zinc (as picolinate)	5 mg 45	Bromelain (from pineapple) (2000 GDU/gram)	25 mg *
Selenium (as selenomethionine)	25 mcg 45	Papain (from papaya)	25 mg *
Copper (as histidine)	500 mcg 56	Amylase	2.5 mg *
Manganese (as gluconate)	1 mg 43	Cellulase	2.5 mg *
Chromium (as picolinate)	100 mcg 286	Glucosylase	2.5 mg *
Molybdenum (as glycinate chelate)	10 mcg 22	Lipase	2.5 mg *
Potassium (as citrate)	50 mg 1	Protease	2.5 mg *
Choline (as bitartrate)	4 mg <1	Herbs	
Inositol	10 mg *	Astragalus Root Extract	2.5 mg *
PABA (para-aminobenzoic acid)	10 mg *	Garlic Extract	2.5 mg *
Organic Sprout Blend (from organic broccoli sprout, organic kale sprout, organic mustard sprout powder)	50 mg *	Ginger Root Extract	2.5 mg *
		Ginkgo Biloba Leaf Extract	2.5 mg *
		Horsetail Powder	2.5 mg *
		Panax Ginseng Root Extract	2.5 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.