


www.bluebonnetnutrition.com

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



With B-Complex 25 & Albion Chelated Minerals Dietary Supplement 90 Vegetable Capsules



Bluebonnet®



iron-free **MULTI ONE**® Single Daily Multiple

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 D ₃ (as cholecalciferol)	800 IU	200
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin B ₁ (as thiamin mononitrate)	25 mg	1667
Vitamin B ₂ (as riboflavin)	25 mg	1471
Vitamin B ₃ (as niacinamide)	25 mg	125
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1250
Folate (as folic acid)	400 mcg	100
Vitamin B ₁₂ (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
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

Bluebonnet's KOF-K Certification #K-0000700

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