



www.bluebonnetnutrition.com

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

Bluebonnet

MULTIVITA[®]
Softgels
 Easy-To-Swallow
 Multivitamin & Multimineral
 Dietary Supplement
60 Softgels



Directions: As a dietary supplement, take two softgels once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene)	10,000 IU 200
Vitamin C (as L-ascorbic acid)	300 mg 500
Vitamin D ₃ (as cholecalciferol)	800 IU 200
Vitamin E (as d-alpha tocopherol)	200 IU 667
Vitamin B ₁ (as thiamin mononitrate)	50 mg 3333
Vitamin B ₂ (as riboflavin)	50 mg 2941
Vitamin B ₃ (as niacinamide)	50 mg 250
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2500
Folate (as folic acid)	400 mcg 100
Vitamin B ₁₂ (as cyanocobalamin)	200 mcg 3333
Biotin	200 mcg 67
Pantothenic Acid (as calcium D-pantothenate)	50 mg 500
Calcium (as calcium phosphate, citrate)	100 mg 10
Iron (as ferrous fumarate)	10 mg 56
Iodine (as potassium iodide, kelp)	300 mcg 200
Magnesium (as oxide, aspartate)	50 mg 13
Zinc (as zinc picolinate)	20 mg 133
Selenium (as L-selenomethionine)	200 mcg 286
Copper (as copper gluconate)	1 mg 50
Manganese (as manganese gluconate)	6 mg 300
Chromium (as chromium picolinate)	200 mcg 167
Molybdenum (as sodium molybdate)	200 mcg 267
Potassium (as citrate, aspartate)	10 mg <1
Phosphatidylcholine	50 mg *
Inositol	50 mg *
PABA (para-aminobenzoic acid)	25 mg *

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, soy oil, carob, beeswax, non-hydrogenated palm oil, silica.

Contains: Soybeans

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

Also free of yeast, gluten, barley, rice and sugar.

Minerals are shown in their elemental value.

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.