

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

**Bluebonnet's Beta-Carotene, C, E Plus Selenium Capsules** are specially formulated with a combination of four potent antioxidants: beta-carotene that provides naturally occurring mixed provitamin A carotenoids (gamma-carotene and beta-zeacarotene), pure vitamin C from L-ascorbic acid, d-alpha vitamin E and yeast-free selenomethionine.

**Contains: Soybeans**

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

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

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by  
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**Bluebonnet**



# Beta Carotene, C, E Plus Selenium

Antioxidant Formula  
Dietary Supplement



**120 Vegetable Capsules**



## Supplement Facts

Serving Size 2 Capsules    Servings Per Container 60

| Amount<br>Per Serving                                  |           | % Daily<br>Value |
|--------------------------------------------------------|-----------|------------------|
| Vitamin A<br>(as natural beta-carotene)                | 25,000 IU | 500              |
| Vitamin C (as L-ascorbic acid)                         | 1000 mg   | 1667             |
| Vitamin E (as natural d-alpha<br>tocopheryl succinate) | 400 IU    | 1333             |
| Selenium<br>(as yeast-free selenomethionine)           | 200 mcg   | 286              |

### Carotenoid Blend/Mix:

Supplies naturally occurring gamma-carotene and beta-zeacarotene

Daily Value based on a 2,000 calorie diet.

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

Minerals are shown in their elemental value.