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Sugar Land, TX 77478 USA

Bluebonnet Nutrition Corporation

12915 Dairy Ashford,

Manufactured by



DIETARY SUPPLEMENT
90 CAPLETS

Ladies' CHOICE[®]

Whole Food Based Multiple

Ladies 18-49

Bluebonnet



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

Supplement Facts

Serving Size 3 Caplets Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as natural beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	5000 IU 100	Inositol	50 mg *
Vitamin C (as L-ascorbic acid)	500 mg 833	PABA (para-aminobenzoic acid)	30 mg *
Vitamin D ₃ (as cholecalciferol)	1000 IU 250	Choline Bitartrate	20 mg *
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667	Boron (as boric acid, glycine)	3 mg *
Vitamin B ₁ (as thiamin mononitrate)	50 mg 3333	Heart Health Blend ♦	
Vitamin B ₂ (as riboflavin)	50 mg 2941	Pomegranate Whole Fruit Extract (standardized to punicalagins & elagic acid)	30 mg *
Vitamin B ₃ (as niacinamide)	50 mg 250	Tomato Extract (supplying 5% lycopene)	20 mg *
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2500	Coenzyme Q10 (as ubiquinone)	10 mg *
Folate (as folic acid)	400 mcg 100	Advanced Female Health Blend ♦	
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 10,000	Dong Quai Root Extract	30 mg *
Biotin	300 mcg 100	Flax Lignan Extract	30 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 1000	Red Raspberry Leaf Extract	30 mg *
Calcium (as citrate, malate)	100 mg 10	Female Health Flower Blend ♦	
Iron (as bisglycinate chelate)	18 mg 100	Chamomile Flower	10 mg *
Iodine (as potassium iodide)	150 mcg 100	Hibiscus Flower	10 mg *
Magnesium (as oxide, bisglycinate chelate)	50 mg 12	Passion Flower	10 mg *
Zinc (as bisglycinate chelate)	30 mg 200	Urinary Health Blend ♦	
Selenium (as bisglycinate complex)††	200 mcg 286	Cranberry Fruit Extract	30 mg *
Copper (as bisglycinate chelate)	1 mg 50	Cinnamon Bark Extract (as CinnulinPF® - Cinnamomum burmannii)	10 mg *
Manganese (as manganese gluconate)	2 mg 100	Rose Hips	10 mg *
Chromium (as nicotinate glycinate chelate)	200 mcg 167	Whole Food Phytonutrient Blend ♦	
Molybdenum (as glycinate chelate)	100 mcg 133	Elderberry Fruit Extract	30 mg *
Potassium (as glycinate complex)††	25 mg <1	Green/White/Black Tea Leaf Extract	30 mg *
		Turmeric Root Extract	30 mg *
		Mangold Flower Extract (supplying lutein)	10 mg *

* Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable beet glaze.

Contains: Soybeans

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

Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

†† 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.

Note: This product provides nutritional components that contain phytoestrogens so if you have a hormone-related condition, please consult your healthcare practitioner prior to use. If you are considering conceiving a child, pregnant or lactating, Bluebonnet recommends Early Promise Prenatal® Gentle Multiple Caplets instead of this formula. ♦

♦ These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.