



Manufactured by
Bluebonnet Nutrition Corporation
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Bluebonnet



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

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

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)	2250 mcg 250
Vitamin C (as L-ascorbic acid)	150 mg 167
Vitamin D ₃ (as 800 IU cholecalciferol)	20 mcg 100
Vitamin E (as 100 IU d-alpha tocopheryl succinate)	67 mg 447
Vitamin B ₁ (as thiamin mononitrate)	25 mg 2083
Vitamin B ₂ (as riboflavin)	25 mg 1923
Vitamin B ₃ (as niacinamide)	25 mg 156
Vitamin B ₆ (as pyridoxine HCl)	25 mg 1471
Folate (as 400 mcg folic acid)	667 mcg DFE 167
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 4167
Biotin	300 mcg 1000
Pantothenic Acid (as calcium D-pantothenate)	25 mg 500
Calcium (as calcium citrate)	25 mg 2
Iodine (as potassium iodide)	150 mcg 100
Magnesium (as magnesium aspartate)	10 mg 2
Zinc (as bisglycinate chelate)	15 mg 136
Selenium (as glycinate complex) ^{††}	50 mcg 91
Copper (as bisglycinate chelate)	2 mg 222
Manganese (as bisglycinate chelate)	5 mg 217
Chromium (as nicotinate glycinate chelate)	150 mcg 429
Molybdenum (as glycinate chelate)	150 mcg 333
Potassium (as potassium aspartate)	5 mg <1
Choline (as bitartrate)	10 mg 2
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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