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Manufactured by
Bluebonnet Nutrition Corporation
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DIETARY SUPPLEMENT
90 CAPLETS



Age-Less CHOICE[®] Whole Food Based Multiple

Women 50+

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 beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	1125 mcg 125	Choline (as bitartrate)	8 mg 1
Vitamin C (as L-ascorbic acid)	500 mg 556	Inositol	50 mg *
Vitamin D ₃ (as 1000 IU cholecalciferol)	25 mcg 125	PABA (para-aminobenzoic acid)	30 mg *
Vitamin E (as 200 IU d-alpha tocopheryl)	134 mg 893	Boron (as boric acid, glycine)	3 mg *
Vitamin B ₁ (as thiamin mononitrate)	50 mg 4167	Heart Health Blend ♦	
Vitamin B ₂ (as riboflavin)	50 mg 3846	Pomegranate Whole Fruit Extract (standardized to punicalagins & ellagic acid)	30 mg *
Vitamin B ₃ (as niacinamide)	50 mg 313	Tomato Extract (supplying 5% lycopene)	20 mg *
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2941	Coenzyme Q10 (as ubiquinone)	10 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167	Female Health Blend ♦	
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 25,000	Dong Quai Root Extract	30 mg *
Biotin	300 mcg 1000	Flax Lignan Extract	30 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 2000	Red Clover Leaf Extract	30 mg *
Calcium (as citrate, malate)	100 mg 8	Black Cohosh Root Extract	25 mg *
Iodine (as potassium iodide)	150 mcg 100	Brain Health Blend ♦	
Magnesium (as oxide, bisglycinate chelate)	50 mg 12	Acetyl-L-Carnitine (free-form)	50 mg *
Zinc (as bisglycinate chelate)	30 mg 273	Ginkgo Biloba Leaf Extract	25 mg *
Selenium (as glycinate complex) ††	200 mcg 364	Phosphatidylserine Complex	25 mg *
Copper (as bisglycinate chelate)	1 mg 111	Joint Health Blend ♦	
Manganese (as manganese gluconate)	2 mg 87	Vegetable Glucosamine HCl	200 mg *
Chromium (as nicotinate glycinate chelate)	200 mcg 571	MSM (methylsulfonylmethane)	100 mg *
Molybdenum (as glycinate chelate)	100 mcg 222	White Willow Bark Extract	25 mg *
Potassium (as glycinate complex) ††	25 mg <1	Whole Food Phytonutrient Blend ♦	
		Elderberry Fruit Extract	30 mg *
		Green/White/Black Tea Leaf Extract	30 mg *
		Turmeric Root Extract	30 mg *
		Marigold 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

Note: This product provides nutritional components that contain phytoestrogens. If you have a hormone-related condition, please consult your healthcare practitioner prior to use. ♦

! WARNING Consuming this product can expose you to lead which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

†† Albion Advanced Nutrition
Amino Acid Complex

♦ 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.

Caution: For adults only.
Consult physician if pregnant/
nursing, taking medication,
or have a medical condition.
Keep out of reach of children.