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Manufactured by
Bluebonnet Nutrition Corporation
12915 Dairy Ashford,
Sugar Land, TX 77478 USA

www.bluebonnetnutrition.com



DIETARY SUPPLEMENT
90 CAPLETS

Age-Less
CHOICE[®]
Whole Food Based Multiple

Men 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	PAHA (para-aminobenzoic acid)	30 mg *
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	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	Male Prostate Health Blend ♦	
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 25,000	Rhodiola Rosea Root Extract	30 mg *
Biotin	300 mcg 1000	Saw Palmetto Berry Extract	30 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 2000	Stinging Nettle Leaf Extract	30 mg *
Calcium (as citrate, malate)	50 mg 4	Quercetin	25 mg *
Iodine (as potassium iodide)	150 mcg 100	Brain Health Blend ♦	
Magnesium (as oxide, bisglycinate chelate)	25 mg 6	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 ♦	

* 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

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.