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Manufactured by
Bluebonnet Nutrition Corporation
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30 Vegetable Capsules



Organic Veggies
Dietary Supplement



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
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	900 mcg 100%	Chromium (as nicotinate glycinate chelate)	35 mcg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Vitamin D3 (as 800 IU cholecalciferol)	20 mcg 100%	Potassium (as aspartate)	5 mg <1%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Choline (as bitartrate)	5 mg <1%
Thiamin (as cocarboxylase)	1.2 mg 100%	PABA (para-aminobenzoic acid)	5 mg *
Riboflavin (as riboflavin 5' phosphate)	1.3 mg 100%	Boron (as citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	16 mg 100%	Vitamin K (as menaquinone-7 [K2] from natto)	20 mcg *
Vitamin B6 (as pyridoxal 5' phosphate)	1.7 mg 100%	Advanced Female Health Blend †	100 mg *
Folate (as 400 mcg L-methylfolate) [from [6S]-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source)]	667 mcg DFE 167%	(tart cherry fruit extract, pomegranate whole fruit extract, garcinia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract [as Cinnulin pfe-cinnamomum burmannii], cranberry fruit extract, ashwagandha root extract, rose hips)	
Vitamin B12 (as methylcobalamin)	2.4 mcg 100%	Organic Whole Food Vegetable Blend *	5 mg *
Biotin (as D-biotin)	30 mcg 100%	(organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccoli sprout, organic dulse)	
Pantothenic Acid (as pantothenic acid)	5 mg 100%	Plant Source Enzyme Blend	5 mg *
Calcium (as malate, citrate)	50 mg 4%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Iron (as bisglycinate chelate)	18 mg 100%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	25 mg 6%		
Zinc (as bisglycinate chelate)	11 mg 100%		
Selenium (as glycinate complex)†	55 mcg 100%		
Copper (as bisglycinate chelate)	0.9 mg 100%		
Manganese (as bisglycinate chelate)	2.3 mg 100%		

*Daily Value not established.

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

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

Also free of gluten and sugar.

Bluebonnet's KOF-K Certification #K-0000700

†Albion Advanced Nutrition Amino Acid Complex

Minerals are shown in their elemental value.

This product is not produced with genetic engineering methods or materials according to the requirements of the NSF Non-GMO Program. For more information visit www.nsfongmo.org

CAUTION: If you are on blood thinning medication, this product is not recommended.

♦ 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.

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.