



Manufactured by
Bluebonnet Nutrition Corporation
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Bluebonnet

High Potency Chelated Multiminerals

Amino Acid Chelates &
Other Absorbable Mineral Forms
Dietary Supplement
60 Caplets



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 20

Amount Per Serving	% Daily Value
Vitamin D ₃ (as 400 IU cholecalciferol)	10 mcg 50
Calcium (as malate, citrate, bisglycinate chelate)	1000 mg 77
Iron (as ferrous bisglycinate chelate)	20 mg 111
Iodine (as potassium iodide)	225 mcg 150
Magnesium (as oxide, bisglycinate chelate)	400 mg 95
Zinc (as zinc bisglycinate chelate)	25 mg 227
Selenium (as amino acid complex) ^{††}	10 mcg 18
Copper (as copper bisglycinate chelate)	1 mg 111
Manganese (as manganese bisglycinate chelate)	10 mg 435
Chromium (as chromium nicotinate glycinate chelate)	100 mcg 286
Molybdenum (as molybdenum glycinate chelate)	75 mcg 167
Potassium (as amino acid complex) ^{††}	99 mg 2
Betaine HCl	100 mg *
Glutamic Acid HCl	100 mg *
Horsetail Powder	10 mg *
Boron (as amino acid complex) ^{††}	3 mg *
Vanadium (as vanadium nicotinate bisglycinate chelate)	50 mcg *

*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, silica, vegetable glaze. Minerals are shown in their elemental value.

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

Also free of yeast, gluten, barley and sugar.

Bluebonnet's KOF-K Certification #K-0000700

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^{††}Albion
Advanced
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.