

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.
Also free of corn, gluten, barley, rice, sodium and sugar.
Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700



Dietary Supplement

90

Vegetable Capsules



Bluebonnet®



Multiminerals & Boron

Full Spectrum

Directions: As a dietary supplement, take four capsules once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 22.5

Amount Per Serving	% Daily Value
Calcium (as citrate, carbonate)	1000 mg 77%
Iron (as ferrous bisglycinate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as aspartate, oxide)	500 mg 119%
Zinc (as zinc picolinate)	30 mg 273%
Selenium (as L-selenomethionine)	200 mcg 364%
Copper (as copper histidinate)	2 mg 222%
Manganese (as manganese L-histidinate)	10 mg 435%
Chromium (as chromium picolinate)	200 mcg 571%
Molybdenum (as glycinate chelate)	100 mcg 222%
Potassium (as potassium aspartate)	99 mg 2%
Boron (as citrate, aspartate, glycinate)	3 mg *

* Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, silicon dioxide, vegetable magnesium stearate.

Manufactured by

Bluebonnet Nutrition Corporation

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.