

**Directions:** As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

**Bluebonnet's Chelated Manganese Vegetable Capsules** are formulated with 10 mg of elemental manganese from fully reacted manganese bisglycinate, an amino acid chelate mineral from Albion. Manganese is an essential element that is necessary for supporting bone health.◆

**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

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

◆ 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.

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**Bluebonnet**

# Chelated Manganese

Amino Acid Chelate

Dietary Supplement

**90 Vegetable Capsules**



## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving		% Daily Value
Manganese (as manganese bisglycinate chelate)	10 mg	435%

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

Manufactured by  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford  
Sugar Land, Texas 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

Minerals are shown in their elemental value.