



• 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.

Bluebonnet®



Multivitamin Formula Dietary Supplement 60 Vegetable Capsules

Fertility
Support •



INTIMATE
ESSENTIALS®

FOR HER

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 60

Amount Per Serving	% Daily Value See Pgs. **	% Daily Value See Pgs. **
Vitamins & Minerals		
Vitamin A (as 4000 IU vitamin A palmitate) (as 670 IU beta-carotene)	1300 mcg 144%	100%
Vitamin C (as L-ascorbic acid)	120 mg 133%	100%
Vitamin D ₃ (as 600 IU cholecalciferol)	15 mcg 75%	100%
Vitamin E (as 28.4 IU d-alpha-tocopheryl succinate from sunflower)	19 mg 127%	100%
Thiamin (as cocarboxylase)	1.4 mg 117%	100%
Riboflavin (as riboflavin 5' phosphate)	1.6 mg 123%	100%
Niacin (as niacinamide)	18 mg 113%	100%
Vitamin B ₆ (as pyridoxal 5' phosphate)	2 mg 118%	100%
Folate (as [6S]-5-methyltetrahydrofolate acid, glucosamine salt [vegetarian source])	600 mcg DFE 150%	100%
Vitamin B ₁₂ (as methylcobalamin)	2.8 mcg 117%	100%
Biotin (as D-biotin)	35 mcg 117%	100%
Pantothenic Acid (as calcium D-pantothenate)	7 mg 140%	100%
Calcium (as malate, citrate)	50 mg 4%	4%
Iron (as bisglycinate chelate)	27 mg 150%	100%
Iodine (as potassium iodide)	290 mcg 193%	100%
Amount Per Serving		
Magnesium (as aspartate)	25 mg	6%
Zinc (as bisglycinate chelate)	13 mg	118%
Selenium (as glycinate complex)	70 mcg	127%
Copper (as bisglycinate chelate)	1.3 mg	144%
Manganese (as bisglycinate chelate)	2.6 mg	113%
Chromium (as nicotinate glycinate chelate)	45 mcg	129%
Molybdenum (as glycinate chelate)	50 mcg	111%
Choline (as bitartrate)	20 mg	4%
Vitamin K (as menaquinone-7 [K ₇] from natto)	20 mcg	*
DHA (docosahexaenoic acid from algal oil)	50 mg	*
Prenatal Herb Blend • (cranberry fruit extract, ginger root extract, chamomile flower extract)	5 mg	*
Organic Whole Food Vegetable Blend (organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccol sprout, organic dulse)	5 mg	*

*Daily Value not established.

**General Population & Pregnant/Lactating Women

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, stearic acid.

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



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.
Intimate Essentials® is a registered trademark of
Bluebonnet Nutrition Corporation.

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

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.