



General Health
and Well-Being.



Whole Food-Based



25+

Vitamins,
Minerals and
Antioxidants



28+

Plant-Based
Nutrients

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

Also free of gluten and barley.

♦ 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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New
Look
&
Now
Soy-Free

Bluebonnet®

liquid Multi

Whole Food-Based

Multivitamin & Multimineral

ENERGY & VITALITY.



SOY
FREE

DIETARY SUPPLEMENT



GLUTEN
FREE

Directions: As a dietary supplement, take two tablespoons (30 mL) once daily, preferably with a meal or as directed by a healthcare practitioner. Shake well before serving. Keep refrigerated after opening.

Supplement Facts

Serving Size 2 Tablespoons (30 mL)
Servings Per Container 32

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	50	Copper (as sodium copper chlorophyllin)	1 mg 111%
Total Carbohydrate	14 g 5%**	Manganese (as manganese glycinate)	2 mg 67%
Total Sugars	5 g *	Chromium	30 mcg 66%
Includes 5 g added sugars	10%**	(as chromium amino acid chelate)	
Vitamin A (as 2700 IU retinyl palmitate and 600 IU beta-carotene)	900 mcg 100%	Molybdenum	90 mcg 200%
Vitamin C (as L-ascorbic acid and calcium ascorbate)	500 mg 556%	(as sodium molybdate)	
Vitamin D ₃ (as 1900 IU cholecalciferol)	40 mcg 200%	Sodium	20 mg <1%
Vitamin E (as 44.8 IU d-alpha-tocopherol from sunflower)	30 mg 200%	Potassium (as calcium potassium phosphate citrate)	100 mg 2%
Thiamin (as thiamin mononitrate)	20 mg 1667%	Greens Blend	400 mg *
Riboflavin (as riboflavin 5' phosphate)	20 mg 1538%	(spirulina powder, chlorella powder)	
Niacin (as niacinamide)	20 mg 125%	Fruit and Vegetable Blend	200 mg *
Vitamin B ₆ (as pyridoxine hydrochloride)	20 mg 1176%	(beet juice powder, cranberry powder, orange juice powder, papaya powder, tomato concentrate powder, strawberry powder, apple powder, guava powder, peach powder, acai berry concentrate, apricot powder, mango powder, red raspberry powder, kiwi powder, lemon juice powder, pomegranate powder)	
Folate (as 240 mcg folic acid)	400 mcg DFE 100%	Citrus Bioflavonoids Complex	100 mg *
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 4167%	Inositol	25 mg *
Biotin (as d-biotin)	10 mcg 33%	PABA (para-aminobenzoic acid)	15 mg *
Pantothenic Acid (as d-calcium pantothenate)	10 mg 200%	American Ginseng Root Extract	10 mg *
Choline (as choline bitartrate)	25 mg 5%	Astragalus Root Extract	10 mg *
Calcium (as calcium potassium phosphate citrate and calcium ascorbate)	130 mg 10%	Quercetin	10 mg *
Phosphorus (as calcium potassium phosphate citrate)	60 mg 5%	Rutin	10 mg *
Iodine (as potassium iodide)	150 mcg 100%	Ginger Root Extract	5 mg *
Magnesium (as magnesium bisglycinate chelate)	50 mg 12%	Lycopene	750 mcg *
Zinc (as zinc gluconate)	11 mg 100%		
Selenium (as selenium glycinate complex)	20 mcg 36%		

Other ingredients: Purified water, organic cane sugar, sorbitol, vegetable glycerin, natural flavors, citric acid, potassium sorbate (to protect freshness), xanthan gum and stevia leaf extract (Reb A).

Manufactured for
Bluebonnet Nutrition Corporation
12915 Dairy Ashford • Sugar Land, Texas 77478, USA
bluebonnetnutrition.com

Minerals are shown in their elemental value.

Made in USA from domestic and imported ingredients.



TROPICAL FRUIT FLAVOR 32 FL OZ (946 mL)