

**Bluebonnet**

Daily Multi

WHOLE FOOD-BASED
MULTIVITAMIN
DIETARY SUPPLEMENT

IRONFREE**90 CAPLETS**

Directions: As a dietary supplement, take three caplets once daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Super Fruits	
Vitamin A (as 10,000 IU beta-carotene)	1500 mcg 167%	Pomegranate Extract (supplying polyphenols, punicalagins, ellagic acid)	25 mg *
Vitamin C (as L-ascorbic acid)	1000 mg 1111%	Tomato Extract (supplying lycopene)	15 mg *
Vitamin D ₃ (as cholecalciferol)	10 mcg 50%	Plant Source Nutrients	
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	133 mg 887%	Spirulina	500 mg
Thiamin (as thiamin mononitrate)	25 mg 2083%	Chlorella	150 mg *
Riboflavin (as riboflavin)	25 mg 1923%	Citrus Bioflavonoids	100 mg *
Niacin (as niacinamide)	25 mg 156%	Flax Seed Powder	100 mg *
Vitamin B ₆ (as pyridoxine HCl)	25 mg 1471%	Evening Primrose Oil Powder	50 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	RNA	40 mg
Vitamin B ₁₂ (as cyanocobalamin)	250 mcg 10,417%	Quercetin	25 mg *
Biotin	100 mcg 333%	Rutin	25 mg *
Pantothenic Acid (as calcium D-pantothenate)	25 mg 500%	Chlorophyll	20 mg *
Calcium (as citrate, carbonate)	250 mg 19%	Hesperidin	12 mg *
Iodine (as potassium iodide)	150 mcg 100%	Plant Source Enzymes	
Magnesium (as aspartate)	125 mg 30%	Bromelain (pineapple) (2000 GDU/gram)	50 mg *
Zinc (as picolinate)	15 mg 136%	Papain (papaya)	50 mg
Selenium (as selenomethionine)	25 mcg 45%	Amylase	5 mg *
Copper (as histidine)	0.5 mg 56%	Cellulase	5 mg *
Manganese (as gluconate)	5 mg 217%	Glucoamylase	5 mg *
Chromium (as picolinate)	100 mcg 286%	Lipase	5 mg *
Molybdenum (as glycinate chelate)	150 mcg 333%	Protease	5 mg *
Potassium (as citrate)	50 mg 1%	Herbs	
Choline (as bitartrate)	10 mg 2%	Astragalus Root Extract	5 mg *
Inositol	25 mg *	Garlic Extract	5 mg *
PABA (para-aminobenzoic acid)	25 mg *	Ginger Root Extract	5 mg *
Organic Sprout Blend (organic broccoli sprout, organic kale sprout)	100 mg *	Ginkgo Biloba Leaf Extract	5 mg *
		Horselail Powder	5 mg *
		Panax Ginseng Root Extract	5 mg *

*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable glaze.

Contains: Soybeans

Manufactured by **Bluebonnet Nutrition Corporation**

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bluebonnetnutrition.com

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and sesame.
Also free of gluten, barley and sugar.

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

Minerals are shown in
their elemental value.

Bluebonnet's KOF-K
certification #K-0000700

