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Manufactured by
Bluebonnet Nutrition Corporation
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DIETARY SUPPLEMENT
90 CAPLETS



Ladies' CHOICE®

Whole Food Based Multiple

Ladies 18-49

Bluebonnet



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

Supplement Facts

Serving Size 3 Caplets Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as beta-carotene 2500 IU)	1125 mcg	Choline (as bitartrate)	8 mg
(as vitamin A palmitate 2500 IU)		Inositol	50 mg
Vitamin C (as L-ascorbic acid)	500 mg	PABA (para-aminobenzoic acid)	30 mg
Vitamin D3 (as 10000 IU cholecalciferol)	25 mcg	Boron (as boric acid, glycine)	3 mg
Vitamin E	134 mg	Heart Health Blend ♦	
(as 200 IU d-alpha tocopheryl succinate)		Pomegranate Whole Fruit Extract (standardized to punicalagins & ellagic acid)	30 mg
Vitamin B1 (as thiamin mononitrate)	50 mg	Tomato Extract (supplying 5% lycopene)	20 mg
Vitamin B2 (as riboflavin)	50 mg	Coenzyme Q10 (as ubiquinone)	10 mg
Vitamin B3 (as niacinamide)	50 mg	Advanced Female Health Blend ♦	
Vitamin B6 (as pyridoxine HCl)	50 mg	Dong Quai Root Extract	30 mg
Folate (as 400 mcg folic acid)	667 mcg DFE	Flax Lignan Extract	30 mg
Vitamin B12 (as cyanocobalamin, methylcobalamin)	600 mcg	Red Raspberry Leaf Extract	30 mg
Biotin	300 mcg	Female Health Flower Blend ♦	
Pantothenic acid (as calcium D-pantothenate)	100 mg	Chamomile Flower	10 mg
Calcium (as citrate, malate)	100 mg	Hibiscus Flower	10 mg
Iron (as bisglycinate chelate)	18 mg	Passion Flower	10 mg
Iodine (as potassium iodide)	150 mcg	Urinary Health Blend ♦	
Magnesium (as oxide, bisglycinate chelate)	50 mg	Cranberry Fruit Extract	30 mg
Zinc (as bisglycinate chelate)	30 mg	Cinnamon Bark Extract (as Cinnulin-PF® - Cinnamomum burmannii)	10 mg
Selenium (as bisglycinate complex)††	200 mcg	Rose Hips	10 mg
Copper (as bisglycinate chelate)	1 mg	Whole Food Phytonutrient Blend ♦	
Manganese (as manganese gluconate)	2 mg	Elderberry Fruit Extract	30 mg
Chromium (as nicotinate glycinate chelate)	200 mcg	Green/White Black Tea Leaf Extract	30 mg
Molybdenum (as glycinate chelate)	100 mcg	Turmeric Root Extract	30 mg
Potassium (as glycinate complex)††	25 mg	Mangold Flower Extract (supplying lutein)	10 mg

* Daily Value not established.

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

Contains: Soybeans

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

Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

†† Albion Advanced Nutrition Amino Acid Complex

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.

Note: This product provides nutritional components that contain phytoestrogens so if you have a hormone-related condition, please consult your healthcare practitioner prior to use. If you are considering conceiving a child, pregnant or lactating, Bluebonnet recommends Early Promise Prenatal® Gentle Multiple Caplets instead of this formula. ♦

• 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.