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Manufactured by
Bluebonnet Nutrition Corporation
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DIETARY SUPPLEMENT
90 CAPLETS



Men's CHOICE[®]

Whole Food Based Multiple

Men 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) (as vitamin A palmitate 2500 IU)	1125 mcg 125	Choline (as bitartrate)	8 mg 1
Vitamin C (as L-ascorbic acid)	500 mg 556	Inositol	50 mg *
Vitamin D ₃ (as 1000 IU cholecalciferol)	25 mcg 125	PABA (para-aminobenzoic acid)	30 mg *
Vitamin E (as 200 IU d-alpha-tocopheryl succinate)	134 mg 893	Boron (as boric acid, glycine)	3 mg *
Vitamin B ₁ (as thiamin mononitrate)	50 mg 4167	Advanced Heart Health Blend ♦	
Vitamin B ₂ (as riboflavin)	50 mg 3846	L-Arginine (free-form)	200 mg *
Vitamin B ₃ (as niacinamide)	50 mg 313	L-Carnitine Tartrate (free-form)	100 mg *
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2941	Taurine (free-form)	100 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167	Pomegranate Whole Fruit Extract 30 mg (standardized to punicalagins & ellagic acid)	
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 25,000	White Willow Bark Extract	30 mg *
Biotin	300 mcg 1000	Coenzyme Q10 (as ubiquinone)	20 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 2000	Toronto Extract (supplying 5% lycopene)	20 mg *
Calcium (as citrate, malate)	50 mg 4	Mixed Tocopherols	10 mg *
Iodine (as potassium iodide)	150 mcg 100	Male Stamina/Prostate Health Blend ♦	
Magnesium (as oxide, bisglycinate chelate)	25 mg 6	Broccoli Plant Extract	50 mg *
Zinc (as bisglycinate chelate)	50 mg 455	American/Panax Ginseng Root Extract	30 mg *
Selenium (as selenate complex) ††	200 mcg 364	Rhodiola Rosea Root Extract	30 mg *
Copper (as bisglycinate chelate)	1 mg 111	Saw Palmetto Berry Extract	30 mg *
Manganese (as manganese gluconate)	2 mg 87	Whole Food Phytonutrient Blend ♦	
Chromium (as nicotinate glycinate chelate)	200 mcg 571	Elderberry Fruit Extract	30 mg *
Molybdenum (as glycinate chelate)	100 mcg 222	Green/White/Black Tea Leaf Extract	30 mg *
Potassium (as glycinate complex) ††	25 mg <1	Turmeric Root Extract	30 mg *
		Marigold Flower Extract (supplying lutein)	10 mg *

*Daily Value not established.

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

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

Bluebonnet's KOF-K Certification #K-0000700

†† Albion Advanced Nutrition Amino Acid Complex

♦ 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.