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



Bluebonnet Chelated Multiminerals iron-free

Amino Acid Chelates &
Other Absorbable Mineral Forms
Dietary Supplement
60 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 20

Amount Per Serving	% Daily Value
Vitamin D ₃ (as cholecalciferol)	10 mcg 50%
Calcium (as malate, citrate, bisglycinate chelate)	1000 mg 77%
Iodine (as potassium iodide)	225 mcg 150%
Magnesium (as oxide, bisglycinate chelate)	400 mg 95%
Zinc (as zinc bisglycinate chelate)	25 mg 227%
Selenium (as glycinate complex)	10 mcg 18%
Copper (as copper bisglycinate chelate)	1 mg 111%
Manganese (as manganese bisglycinate chelate)	10 mg 435%
Chromium (as chromium nicotinate glycinate chelate)	100 mcg 286%
Molybdenum (as molybdenum glycinate chelate)	75 mcg 167%
Potassium (as glycinate complex)	99 mg 2%
Betaine HCl	100 mg *
Glutamic Acid HCl	100 mg *
Horsetail Powder	10 mg *
Boron (as glycinate complex)	3 mg *
Vanadium (as vanadium nicotinate bisglycinate chelate)	50 mcg *

*Daily Value not established.

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

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

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

Bluebonnet's KOF-K Certification #K-0000700
Minerals are shown in their elemental value.

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