



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



Bluebonnet



Multiminerals & Boron

iron-free

Full Spectrum

Dietary Supplement **90** Vegetable
Capsules

Directions: As a dietary supplement, take four capsules 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 4 Capsules
Servings Per Container 22.5

Amount Per Serving	% Daily Value
Calcium (as citrate, carbonate)	1000 mg 77%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as aspartate, oxide)	500 mg 119%
Zinc (as zinc picolinate)	30 mg 273%
Selenium (as L-selenomethionine)	200 mcg 364%
Copper (as copper histidine)	2 mg 222%
Manganese (as manganese L-histidine)	10 mg 435%
Chromium (as chromium picolinate)	200 mcg 571%
Molybdenum (as glycinate chelate)	100 mcg 222%
Potassium (as potassium aspartate)	99 mg 2%
Boron (as citrate, aspartate, glycinate)	3 mg *

*Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), silicon
dioxide, vegetable cellulose, vegetable magnesium stearate.

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, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Minerals are shown in their elemental value.

