

Directions: As a dietary supplement, take 1/5 teaspoon (1 mL) daily or as directed by a healthcare practitioner.

Bluebonnet's Liquid Vitamin B₁₂ & Folic Acid contains fast-acting vitamin B₁₂ and folic acid that supports cellular energy production and nervous system health. Available in easy-to-swallow liquid form for maximum assimilation and absorption. ♦

Shake well before serving.

Refrigerate after opening.

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

Manufactured for
Bluebonnet Nutrition Corp.
12915 Dairy Ashford
Sugar Land, Texas 77478 USA
www.bluebonnetnutrition.com

Made in USA
from domestic
and imported
ingredients.



Bluebonnet®

Liquid Vitamin B₁₂ & Folic Acid

Raspberry Flavor
Dietary Supplement

2 FL OZ (59 mL)

Supplement Facts

Serving Size 1/5 Teaspoon (1mL)

Servings Per Container 59

Amount Per Serving		% Daily Value
Folate	667 mcg DFE (as 400 mcg folic acid)	167
Vitamin B ₁₂	1000 mcg (as cyanocobalamin)	41,667

Daily Value based on a 2,000 calorie diet.

Other ingredients: Purified water, fructose, natural raspberry flavor, citric acid, sodium benzoate.

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

Also free of yeast, gluten, barley and rice.

♦ 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.

