

• 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.



Dietary Supplement 30 Vegetable Capsules



Daily Nutritional Support ♦

MULTI ONE[®]

Single Daily Multiple

Bluebonnet



Manufactured by
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Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene 5000 IU) (as vitamin A palmitate 5000 IU)	2250 mcg 250%
Vitamin C (as L-ascorbic acid)	150 mg 167%
Vitamin D ₃ (as 800 IU cholecalciferol)	20 mcg 100%
Vitamin E (as 100 IU d-alpha tocopheryl succinate)	67 mg 447%
Thiamin (as thiamin mononitrate)	25 mg 2083%
Riboflavin (as riboflavin)	25 mg 1923%
Niacin (as niacinamide)	25 mg 156%
Vitamin B ₆ (as pyridoxine HCl)	25 mg 1471%
Folate (as 400 mcg folic acid)	667 mcg DFE 167%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 4167%
Biotin	300 mcg 1000%
Pantothenic Acid (as calcium D-pantothenate)	25 mg 500%
Calcium (as calcium citrate)	25 mg 2%
Iron (as bisglycinate chelate)	10 mg 56%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium aspartate)	10 mg 2%
Zinc (as bisglycinate chelate)	15 mg 136%
Selenium (as glycinate complex)	50 mcg 91%
Copper (as bisglycinate chelate)	2 mg 222%
Manganese (as bisglycinate chelate)	5 mg 217%
Chromium (as nicotinate glycinate chelate)	150 mcg 429%
Molybdenum (as glycinate chelate)	150 mcg 333%
Potassium (as potassium aspartate)	5 mg <1%
Choline (as bitartrate)	10 mg 2%
Inositol	25 mg *
PABA (para-aminobenzoic acid)	10 mg *
Lutein (from marigold flower extract)	500 mcg *

* Daily Value not established.

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

Contains: Soybeans

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

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

Albion Advanced Nutrition

Amino Acid Complex

Albion and Albion Medallion

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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.

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.

