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*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.

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



DIETARY SUPPLEMENT
90 CAPLETS

Women 50+

Whole Food-Based Multiple

Age-Less
CHOICE[®]

Bluebonnet



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 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Choline (as bitartrate)	
Vitamin A (as beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	1500 mcg 167%	Inositol	8 mg 1%
Vitamin C (as L-ascorbic acid)	500 mg 556%	PABA (para-aminobenzoic acid)	50 mg *
Vitamin D (as cholecalciferol)	25 mcg 125%	Boron (as boric acid, glycine)	30 mg *
Vitamin E (as 200 IU d-alpha tocopheryl)	134 mg 893%	Heart Health Blend ♦	3 mg *
Thiamin (as thiamin mononitrate)	50 mg 4167%	Pomegranate Whole Fruit Extract	30 mg *
Riboflavin (as vitamin B ₂)	50 mg 3846%	Tomato Extract	20 mg *
Niacin (as niacinamide)	50 mg 313%	Coenzyme Q10 (ubiquinone)	10 mg *
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2941%	Female Health Blend ♦	30 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	Dong Quai Root Extract	30 mg *
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 25,000%	Flax Lignan Extract	30 mg *
Biotin	300 mcg 1000%	Red Clover Leaf Extract	30 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 2000%	Black Cohosh Root Extract	25 mg *
Calcium (as citrate, malate)	100 mg 8%	Brain Health Blend ♦	25 mg *
Iodine (as potassium iodide)	150 mcg 100%	Acetyl-L-Carnitine (free-form)	50 mg *
Magnesium (as oxide, bisglycinate chelate)	50 mg 12%	Ginkgo Biloba Leaf Extract	25 mg *
Zinc (as bisglycinate chelate)	30 mg 273%	Phosphatidylserine Complex	25 mg *
Selenium (as glycinate complex)	200 mcg 364%	Joint Health Blend ♦	25 mg *
Copper (as bisglycinate chelate)	1 mg 111%	Vegetable Glucosamine HCl	200 mg *
Manganese (as manganese gluconate)	2 mg 87%	MSM (methylsulfonylmethane)	100 mg *
Chromium (as nicotinate glycinate chelate)	200 mcg 571%	White Willow Bark Extract	25 mg *
Molybdenum (as glycinate chelate)	100 mcg 222%	Whole Food Phytonutrient Blend ♦	30 mg *
Potassium (as glycinate complex)	25 mg <1%	Elderberry Fruit Extract	30 mg *
		GreenWhite/Black Tea Leaf Extract	30 mg *
		Turmeric Root Extract	30 mg *
		Marigold Flower Extract	10 mg *

*Daily Value not established.

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

Contains: Soybeans

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

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

Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

Note: This product provides nutritional components that contain phytoestrogens. If you have a hormone-related condition, please consult your healthcare practitioner prior to use. ♦



WARNING Consuming this product can expose you to lead which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food