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WARNING: Accidental overdose of iron-containing products is a leading cause of death 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.



Single Daily

WHOLE FOOD-BASED
MULTIVITAMIN
DIETARY SUPPLEMENT

WITH IRON

30 CAPLETS



Now With
Organic Sprouts

Directions: As a dietary supplement, take one caplet daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 1 Caplet
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Super Fruits	
Vitamin A (as 5000 IU beta-carotene)	750 mcg 83%	Pomegranate Extract (supplying polyphenols, punicalagins, elagic acid)	12.5 mg *
Vitamin C (as L-ascorbic acid)	100 mg 111%	Tomato Extract (supplying lycopene)	5 mg *
Vitamin D ₃ (as cholecalciferol)	10 mcg 50%	Plant Source Nutrients	
Vitamin E (as 30 IU d-alpha tocopheryl succinate)	20 mg 133%	Spirulina	150 mg *
Thiamin (as thiamin mononitrate)	5 mg 417%	Chlorella	50 mg *
Riboflavin (as riboflavin)	5 mg 385%	Citrus Bioflavonoids	50 mg *
Niacin (as niacinamide)	20 mg 125%	Flax Seed Powder	50 mg *
Vitamin B ₆ (as pyridoxine HCl)	5 mg 294%	Evening Primrose Oil Powder	50 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	RNA	20 mg *
Vitamin B ₁₂ (as methylcobalamin, cyanocobalamin)	24 mcg 1000%	Quercetin	10 mg *
Biotin	100 mcg 333%	Rutin	10 mg *
Pantothenic Acid (as calcium D-pantothenate)	20 mg 400%	Chlorophyll	10 mg *
Calcium (as citrate, carbonate)	100 mg 8%	DNA	6 mg *
Iron (as bisglycinate chelate)	5 mg 28%	Hesperidin	5 mg *
Iodine (as potassium iodide)	75 mcg 50%	Plant Source Enzymes	
Magnesium (as aspartate)	50 mg 12%	Bromelain	25 mg *
Zinc (as picolinate)	5 mg 45%	(pineapple) (2000 GDU/gsm)	
Selenium (as selenomethionine)	25 mcg 45%	Papain (papaya)	25 mg *
Copper (as histidine)	0.5 mg 56%	Amylase	2.5 mg *
Manganese (as gluconate)	1 mg 43%	Cellulase	2.5 mg *
Chromium (as picolinate)	100 mcg 286%	Glucosylase	2.5 mg *
Molybdenum (as glycinate chelate)	10 mcg 22%	Lipase	2.5 mg *
Potassium (as citrate)	50 mg 1%	Protease	2.5 mg *
Choline (as bitartrate)	4 mg <1%	Herbs	
Inositol	10 mg *	Astragalus Root Extract	2.5 mg *
PABA (para-aminobenzoic acid)	10 mg *	Garlic Extract	2.5 mg *
Organic Sprout Blend (organic broccoli sprout, organic kale sprout)	50 mg *	Ginger Root Extract	2.5 mg *
		Giligo Bibba Leaf Extract	2.5 mg *
		Horsetail Powder	2.5 mg *
		Panax Ginseng Root Extract	2.5 mg *

*Daily Value not established.

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

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.

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

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

