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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.



Dietary Supplement 90 Vegetable Capsules

Daily Nutritional Support ◆

MULTI[®]ONE

Single Daily Multiple

Bluebonnet



Directions: As a dietary supplement, take one capsule 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 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene 5000 IU) (as vitamin A palmitate 5000 IU)	3000 mcg 333%
Vitamin C (as L-ascorbic acid)	150 mg 167%
Vitamin D (as cholecalciferol)	20 mcg (800 IU) 100%
Vitamin E (as 100 IU d-alpha tocopheryl succinate)	67 mg 447%
Thiamin (as thiamin mononitrate)	25 mg 2083%
Riboflavin (as vitamin B2)	25 mg 1923%
Niacin (as niacinamide)	25 mg 156%
Vitamin B6 (as pyridoxine HCl)	25 mg 1471%
Folate (as 400 mcg folic acid)	667 mcg DFE 167%
Vitamin B12 (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 (marigold flower extract)	500 mcg *

*Daily Value not established.

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

Contains: Soybeans

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 and sesame.

Also free of gluten, barley, sodium and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

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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.