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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.

Bluebonnet

Now With
Organic Sprouts

Single Daily

WHOLE FOOD-BASED
MULTIVITAMIN
DIETARY SUPPLEMENT

WITH IRON

90 CAPLETS



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 90

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, ellagic 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 (pineapple) (2000 GDU/gram)	25 mg *
Zinc (as picolinate)	5 mg 45%	Papain (papaya)	25 mg *
Selenium (as selenomethionine)	25 mcg 45%	Amylase	2.5 mg *
Copper (as histidine)	0.5 mg 56%	Cellulase	2.5 mg *
Manganese (as gluconate)	1 mg 43%	Glucoamylase	2.5 mg *
Chromium (as picolinate)	100 mcg 286%	Lipase	2.5 mg *
Molybdenum (as glycinate chelate)	10 mcg 22%	Protease	2.5 mg *
Potassium (as citrate)	50 mg 1%	Herbs	
Choline (as bitartrate)	4 mg <1%	Astragalus Root Extract	2.5 mg *
Inositol	10 mg *	Garlic Extract	2.5 mg *
PABA (para-aminobenzoic acid)	10 mg *	Ginger Root Extract	2.5 mg *
Organic Sprout Blend (organic broccoli sprout, organic kale sprout)	50 mg *	Ginkgo Biloba 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

