

**Directions:** As a dietary supplement, take two tablespoons (30 mL) daily, preferably with a meal or as directed by a healthcare practitioner.

**Bluebonnet's Liquid SuperEarth<sup>®</sup> Multinutrient Formula** is bursting with over 25 crucial vitamins, minerals and antioxidants and more than 30 important plant-based nutrients from foods you should eat everyday. This unique, gluten-free whole food based multiple formula provides health-promoting phytonutrients from green foods like spirulina and chlorella, from fruits like pomegranate, mangosteen, goji, acai, grapes, wild blueberries and bilberries, raspberries, cranberries, tart cherries, prunes, citrus, as well as from vegetables and popular herbs like tomatoes, astragalus, ginseng, ginger, garlic and ginkgo.

Since the human body requires a broad range of nutrients for general health and well-being, Bluebonnet's Liquid Super Earth Multinutrient Formula is a SUPER choice to help bridge the nutrient gap in your daily diet. So if you feel that you should be getting most of your nutrients from the foods you eat and want a multivitamin & multimineral supplement to support that philosophy, look to Bluebonnet's Liquid Super Earth Multinutrient Formula and reap the benefits of taking two naturally delicious spoonfuls per day of fresh whole food essentials. A perfect choice for today's busy, stressful lifestyle.

**Contains: Soy**

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat. Also free of yeast, gluten and barley.



**Bluebonnet<sup>®</sup>**

Manufactured for Bluebonnet Nutrition Corporation  
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# Bluebonnet

## LIQUID SUPER EARTH<sup>®</sup> Multinutrient Formula

**NO IRON ADDED**

### Whole Food Based Multivitamin & Multimineral With Pomegranate, Mangosteen, Goji & Acai Extract

#### DIETARY SUPPLEMENT

**GLUTEN  
FREE**

## Supplement Facts

Serving Size 2 Tablespoons (30 mL)  
Servings Per Container 32

| Amount Per Serving                                     | % Daily Value | Amount Per Serving                           | % Daily Value |
|--------------------------------------------------------|---------------|----------------------------------------------|---------------|
| Calories                                               | 45            | Choline Bitartrate                           | 25 mg *       |
| Total Carbohydrate                                     | 9 g 3         | Inositol                                     | 25 mg *       |
| Sugars                                                 | 5 g           | PABA                                         | 25 mg *       |
| Vitamin A (vitamin A palmitate, natural beta-carotene) | 10,000 IU 200 | Citrus Bioflavonoids                         | 150 mg *      |
| Vitamin C (L-ascorbic acid, calcium ascorbate)         | 1000 mg 1670  | Quercetin                                    | 50 mg *       |
| Vitamin D3 (cholecalciferol)                           | 400 IU 100    | Rutin                                        | 25 mg *       |
| Vitamin E (d-alpha-tocopheryl acetate)                 | 200 IU 670    | Hesperidin Complex                           | 10 mg *       |
| Vitamin B-1 (thiamine HCl)                             | 25 mg 1670    | <b>Antioxidants</b>                          |               |
| Vitamin B-2 (riboflavin-5-phosphate)                   | 25 mg 1470    | Lycopene (tomato extract)                    | 15 mg *       |
| Vitamin B-3 (niacinamide)                              | 25 mg 125     | Pomegranate Extract                          | 25 mg *       |
| Vitamin B-6 (pyridoxine HCl)                           | 25 mg 1250    | <b>Whole Food Phytonutrient Blend</b>        |               |
| Folate (folic acid)                                    | 400 mcg 100   | Chlorella, Spirulina, Acai Extract,          |               |
| Vitamin B-12 (cyanocobalamin)                          | 250 mcg 4170  | Mangosteen Extract, Goji Berry Extract,      |               |
| Biotin                                                 | 100 mcg 35    | Grape and Grape Seed Extract, Wild Blueberry |               |
| Pantothenic Acid (calcium D-pantothenate)              | 25 mg 250     | Extract, Raspberry and Raspberry Seed        |               |
| Calcium (calcium potassium phosphorus citrate)         | 150 mg† 15    | Extract, Cranberry Powder, Prune Powder,     |               |
| Phosphorus (calcium potassium phosphorus citrate)      | 40 mg† 4      | Tart Cherry Powder, Wild Bilberry Extract,   |               |
| Iodine (potassium iodide)                              | 150 mcg† 100  | Strawberry Powder                            | 200 mg *      |
| Magnesium (amino acid chelate)                         | 75 mg† 19     | <b>Plant Oils</b>                            |               |
| Zinc (amino acid chelate)                              | 15 mg† 100    | Flax Seed Oil Powder                         | 100 mg *      |
| Selenium (seleniomethionine)                           | 25 mcg† 35    | Evening Primrose Oil                         | 50 mg *       |
| Copper (copper gluconate)                              | 0.5 mg† 25    | <b>Herbs</b>                                 |               |
| Manganese (manganese gluconate)                        | 5 mg† 250     | Astragalus Powder                            | 10 mg *       |
| Chromium (amino acid chelate)                          | 100 mcg† 85   | Panax Ginseng Root Extract                   | 10 mg *       |
| Molybdenum (sodium molybdenate)                        | 150 mcg† 200  | Ginger Root Extract                          | 10 mg *       |
| Potassium (calcium potassium phosphorus citrate)       | 70 mg† 2      | Garlic Extract                               | 10 mg *       |
|                                                        |               | Ginkgo Biloba Leaf Extract                   | 10 mg *       |

\* Daily Values based on a 2,000 calorie diet  
† Daily Value not established.

NATURAL TROPICAL FRUIT FLAVOR 32 FL OZ (946 mL)