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www.bluebonnetnutrition.com

Sugar Land, Texas 77478 USA

 Manufactured by
 Bluebonnet Nutrition Corporation

12915 Dairy Ashford


 New
 With Lutein

Bluebonnet

Iron-Free Multi One®

Easy-To-Swallow Capsules

One-A-Day Multivitamin & Multimineral Dietary Supplement



180 Vcaps



Directions: As a dietary supplement, take one capsule daily, preferably with a meal, or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A (100% natural beta-carotene 5,000 IU) (Vitamin A palmitate 5,000 IU)	10,000 IU 200
Vitamin C (L-ascorbic acid)	150 mg 250
Vitamin D3 (cholecalciferol)	400 IU 100
Vitamin E (d-alpha tocopheryl succinate)	100 IU 333
Vitamin B-1 (thiamine mononitrate)	25 mg 1667
Vitamin B-2 (riboflavin)	25 mg 1471
Vitamin B-3 (niacinamide)	25 mg 125
Vitamin B-6 (pyridoxine HCl)	25 mg 1250
Folate (folic acid)	400 mcg 100
Vitamin B-12 (cyanocobalamin)	100 mcg 1667
Biotin	300 mcg 100
Pantothenic Acid (calcium pantothenate)	25 mg 250
Calcium (calcium citrate)	25 mg† 2.5
Iodine (potassium iodide)	150 mcg† 100
Magnesium (magnesium aspartate)	10 mg† 2.5
Zinc (amino acid chelate)	15 mg† 100
Selenium (amino acid complex)††	50 mcg† 71
Copper (amino acid chelate)	2 mg† 100
Manganese (amino acid chelate)	5 mg† 250
Chromium (amino acid chelate)	150 mcg† 125
Molybdenum (amino acid chelate)	150 mcg† 200
Potassium (potassium aspartate)	5 mg† 1
Choline Bitartrate	25 mg *
Inositol	25 mg *
PABA (para-aminobenzoic acid)	10 mg *
Lutein (marigold extract)	500 mcg *

* Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, silica, vegetable magnesium stearate.

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

Contains: Soybeans.

Also free of yeast, gluten, barley, sodium and sugar.

Bluebonnet's KOF-K certification #K-0000700.

Gold Medallion Design is the registered trademark of Albion Laboratories, Inc.

††Albion Advanced Nutrition Amino Acid Complex.