



• 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 CAPLETS

Ladies' CHOICE[®]

Whole Food-Based Multiple

Ladies 18-49

Bluebonnet



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

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals		Potassium (as glycinate complex)	25 mg <1%
Vitamin A (as beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	1500 mcg 167%	Choline (as bitartrate)	8 mg 1%
Vitamin C (as L-ascorbic acid)	500 mg 556%	Inositol	50 mg *
Vitamin D (as cholecalciferol)	25 mcg (1000 IU) 125%	PABA (para-aminobenzoic acid)	30 mg *
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	134 mg 893%	Boron (boric acid, glycine)	3 mg *
Thiamin (as thiamin mononitrate)	50 mg 4167%	Heart Health Blend ♦	
Riboflavin (as vitamin B2)	50 mg 3846%	Pomegranate Whole Fruit Extract	30 mg *
Niacin (as niacinamide)	50 mg 313%	Tomato Extract	20 mg *
Vitamin B6 (as pyridoxine HCl)	50 mg 2941%	Coenzyme Q10 (ubiquinone)	10 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	Advanced Female Health Blend ♦	
Vitamin B12 (as cyanocobalamin, methylcobalamin)	600 mcg 25,000%	Dong Quai Root Extract	30 mg *
Biotin	300 mcg 1000%	Flax Lignan Extract	30 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 2000%	Red Raspberry Leaf Extract	30 mg *
Calcium (as citrate, malate)	100 mg 8%	Female Health Flower Blend ♦	
Iron (as bisglycinate chelate)	18 mg 100%	Chamomile Flower	10 mg *
Iodine (as potassium iodide)	150 mcg 100%	Hibiscus Flower	10 mg *
Magnesium (as oxide, bisglycinate chelate)	50 mg 12%	Passion Flower	10 mg *
Zinc (as bisglycinate chelate)	30 mg 273%	Urinary Health Blend ♦	
Selenium (as bisglycinate complex)	200 mcg 364%	Cranberry Fruit Extract	30 mg *
Copper (as bisglycinate chelate)	1 mg 111%	Cinnamon Bark Extract	10 mg *
Manganese (as manganese gluconate)	2 mg 87%	(CinnulinPF [®] - Cinnamomum burmannii)	
Chromium (as nicotinate glycinate chelate)	200 mcg 571%	Rose Hips	10 mg *
Molybdenum (as glycinate chelate)	100 mcg 222%	Whole Food Phytonutrient Blend ♦	

* Daily Value not established.

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

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

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.

Note: This product provides nutritional components that contain phytoestrogens so if you have a hormone-related condition, please consult your healthcare practitioner prior to use. If you are considering conceiving a child, pregnant or lactating, Bluebonnet recommends Early Promise Prenatal[®] Gentle Multiple Caplets instead of this formula. ♦