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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 CAPLETS

Men 18-49

Whole Food-Based Multiple

Men's
CHOICE®

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			
Vitamin A (as beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	1500 mcg 167%	Potassium (as glycinate complex)	25 mg <1%
Vitamin C (as L-ascorbic acid)	500 mg 556%	Choline (as bitartrate)	8 mg 1%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU) 125%	Inositol	50 mg *
Vitamin E (as 200 IU d-alpha tocopheryl succinate)	134 mg 893%	PABA (para-aminobenzoic acid)	30 mg *
Thiamin (as thiamin mononitrate)	50 mg 4167%	Boron (boric acid, glycine)	3 mg *
Riboflavin (vitamin B ₂)	50 mg 3846%	Advanced Heart Health Blend ♦	
Niacin (as niacinamide)	50 mg 313%	L-Arginine (free-form)	200 mg *
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2941%	L-Carnitine Tartrate (free-form)	100 mg *
Folate (as 400 mcg folic acid)	667 mcg DFE 167%	Taurine (free-form)	100 mg *
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 25,000%	Pomegranate Whole Fruit Extract	30 mg *
Biotin	300 mcg 1000%	White Willow Bark Extract	30 mg *
Pantothenic acid (as calcium D-pantothenate)	100 mg 2000%	Coenzyme Q10 (ubiquinone)	20 mg *
Calcium (as citrate, malate)	50 mg 4%	Tomato Extract	20 mg *
Iodine (as potassium iodide)	150 mcg 100%	Mixed Tocopherols	10 mg *
Magnesium (as oxide, bisglycinate chelate)	25 mg 6%	Male Stamina/Prostate Health Blend ♦	
Zinc (as bisglycinate chelate)	50 mg 455%	Broccoli Plant Extract	50 mg *
Selenium (as glycinate complex)	200 mcg 364%	American/Panax Ginseng Root Extract	30 mg *
Copper (as bisglycinate chelate)	1 mg 111%	Rhodiola Rosea Root Extract	30 mg *
Manganese (as manganese gluconate)	2 mg 87%	Saw Palmetto Berry Extract	30 mg *
Chromium (as nicotinate glycinate chelate)	200 mcg 571%	Whole Food Phytonutrient Blend ♦	
Molybdenum (as glycinate chelate)	100 mcg 222%	Elderberry Fruit Extract	30 mg *
		Green/White/Black Tea Leaf Extract	30 mg *
		Turmeric Root Extract	30 mg *
		Marigold Flower Extract	10 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.

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.