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Dietary Supplement **30** Vegetable Capsules

Daily Nutritional Support ♦

Single Daily Multiple

**MULTI ONE**<sup>®</sup>  
iron-free

Bluebonnet



◆ 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.

**Directions:** As a dietary supplement, take one capsule 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 Capsule  
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene 5000 IU) (as vitamin A palmitate 5000 IU)	3000 mcg 333%
Vitamin C (as L-ascorbic acid)	150 mg 167%
Vitamin D (as cholecalciferol)	20 mcg (800 IU) 100%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg 447%
Thiamin (as thiamin mononitrate)	25 mg 2083%
Riboflavin (as vitamin B2)	25 mg 1923%
Niacin (as niacinamide)	25 mg 156%
Vitamin B6 (as pyridoxine HCl)	25 mg 1471%
Folate (as 400 mcg folic acid)	667 mcg DFE 167%
Vitamin B12 (as cyanocobalamin)	100 mcg 4167%
Biotin	300 mcg 1000%
Pantothenic Acid (as calcium D-pantothenate)	25 mg 500%
Choline (as bitartrate)	10 mg 2%
Calcium (as calcium citrate)	25 mg 2%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium aspartate)	10 mg 2%
Zinc (as bisglycinate chelate)	15 mg 136%
Selenium (as glycinate complex)	50 mcg 91%
Copper (as bisglycinate chelate)	2 mg 222%
Manganese (as bisglycinate chelate)	5 mg 217%
Chromium (as nicotinate glycinate chelate)	150 mcg 429%
Molybdenum (as glycinate chelate)	150 mcg 333%
Potassium (as potassium aspartate)	5 mg <1%
Inositol	25 mg *
PABA (para-aminobenzoic acid)	10 mg *
Lutein (marigold flower extract)	500 mcg *

\*Daily Value not established.

**Other ingredients:** Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

**Contains: Soybeans**

Manufactured by

**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford, Sugar Land, TX 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

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

Also free of gluten, barley, sodium and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

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**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



This product does not contain common GE genes or proteins. Visit [igenprogram.com](http://igenprogram.com)