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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.



Dietary Supplement **180** Vegetable Capsules

Full Spectrum

Multiminerals & Boron



Bluebonnet



NEW & IMPROVED

Directions: As a dietary supplement, take four capsules 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 4 Capsules
Servings Per Container 45

Amount Per Serving	% Daily Value
Calcium (as citrate, carbonate)	1000 mg 77%
Iron (as ferrous bisglycinate chelate)	18 mg 100%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as aspartate, oxide)	420 mg 100%
Zinc (as zinc picolinate)	11 mg 100%
Selenium (as L-selenomethionine)	55 mcg 100%
Copper (as copper bisglycinate chelate)	1 mg 111%
Manganese (as manganese bisglycinate chelate)	2.3 mg 100%
Chromium (as chromium picolinate)	35 mcg 100%
Molybdenum (as molybdenum glycinate chelate)	45 mcg 100%
Potassium (as potassium aspartate)	99 mg 2%
Boron (citrate, aspartate, glycinate)	3 mg *

*Daily Value not established.

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

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, soybeans and sesame.

Also free of gluten, barley, sodium and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

