



www.bluebonnetnutrition.com

Sugar Land, TX 77478 USA

12915 Dairy Ashford,

Manufactured by
Bluebonnet Nutrition Corporation

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DIETARY SUPPLEMENT
90 CAPLETS



Men's CHOICE[®]

Whole Food Based Multiple

Men 18-49

Bluebonnet



Directions: As a dietary supplement, take three caplets once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 3 Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamins & Minerals	
Vitamin A (as natural beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	5000 IU 100
Vitamin C (as L-ascorbic acid)	500 mg 833
Vitamin D ₃ (as cholecalciferol)	1000 IU 250
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667
Vitamin B ₁ (as thiamin mononitrate)	50 mg 3333
Vitamin B ₂ (as riboflavin)	50 mg 2941
Vitamin B ₃ (as niacinamide)	50 mg 250
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2500
Folate (as folic acid)	400 mcg 100
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	600 mcg 10,000
Biotin	300 mcg 100
Pantothenic acid (as calcium D-pantothenate)	100 mg 1000
Calcium (as citrate, malate)	50 mg 5
Iodine (as potassium iodide)	150 mcg 100
Magnesium (as oxide, bisglycinate chelate)	25 mg 6
Zinc (as bisglycinate chelate)	50 mg 333
Selenium (as glycinate complex) ††	200 mcg 286
Copper (as bisglycinate chelate)	1 mg 50
Manganese (as manganese gluconate)	2 mg 100
Chromium (as nicotinate glycinate chelate)	200 mcg 167
Molybdenum (as glycinate chelate)	100 mcg 133
Potassium (as glycinate complex) ††	25 mg <1

Amount Per Serving	% Daily Value
Inositol	50 mg *
PABA (para-aminobenzoic acid)	30 mg *
Choline Bitartrate	20 mg *
Boron (as boric acid, glycine)	3 mg *
Advanced Heart Health Blend ♦	
L-Arginine (free-form)	200 mg *
L-Carnitine Tartrate (free-form)	100 mg *
Taurine (free-form)	100 mg *
Pomegranate Whole Fruit Extract 30 mg (standardized to punicalagins & ellagic acid)	
White Willow Bark Extract	30 mg *
Coenzyme Q10 (as ubiquinone)	20 mg *
Tomato Extract (supplying 5% lycopene)	20 mg *
Mixed Tocopherols	10 mg *
Male Stamina/Prostate Health Blend ♦	
Broccoli Plant Extract	50 mg *
American/Panax Ginseng Root Extract	30 mg *
Rhodiola Rosea Root Extract	30 mg *
Saw Palmetto Berry Extract	30 mg *
Whole Food Phytonutrient Blend ♦	
Elderberry Fruit Extract	30 mg *
Green/White/Black Tea Leaf Extract	30 mg *
Turmeric Root Extract	30 mg *
Marigold Flower Extract (supplying lutein)	10 mg *

*Daily Value not established.

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

Contains: Soybeans

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

Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

†† Albion Advanced Nutrition
Amino Acid Complex

♦ 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.