



30 Vegetable Capsules

Dietary Supplement

& Albion Chelated Minerals

With B-Complex 25

Single Daily Multiple

MULTI ONE



Bluebonnet

Manufactured by

Bluebonnet Nutrition Corporation
12915 Dairy Ashford, Sugar Land, Texas 77478 USA

www.bluebonnetnutrition.com



Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin A (as natural beta-carotene 5000 IU) (as vitamin A palmitate 5000 IU)	2250 mcg 250
Vitamin C (as L-ascorbic acid)	150 mg 167
Vitamin D3 (as 800 IU cholecalciferol)	20 mcg 100
Vitamin E (as 100 IU d-alpha tocopheryl succinate)	67 mg 447
Vitamin B1 (as thiamin mononitrate)	25 mg 2083
Vitamin B2 (as riboflavin)	25 mg 1923
Vitamin B3 (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
Calcium (as calcium citrate)	25 mg 2
Iron (as bisglycinate chelate)	10 mg 56
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
Choline (as bitartrate)	10 mg 2
Inositol	25 mg *
PABA (para-aminobenzoic acid)	10 mg *
Lutein (from marigold flower extract)	500 mcg *

* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silica.

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat. Also free of yeast, gluten, barley, sodium and sugar.

Minerals are shown in their elemental value.

††Albion Advanced Nutrition Amino Acid Complex

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.

Bluebonnet's KOF-K Certification #K-0000700

Albion and Albion Medalion Design are registered trademarks of Albion Laboratories, Inc.