



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



Dietary Supplement **30** Vegetable Capsules

Daily Nutritional Support ♦

iron-free MULTIONE® Single Daily Multiple

Bluebonnet



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 B ₂)	25 mg 1923%
Niacin (as niacinamide)	25 mg 156%
Vitamin B ₆ (as pyridoxine HCl)	25 mg 1471%
Folate (as 400 mcg folic acid)	667 mcg DFE 167%
Vitamin B ₁₂ (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%
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 (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, Texas 77478 USA
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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♦ 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.