THE POWER OF STANDARDIZED HERBS

For additional information on the complete line of Bluebonnet nutritional supplements, log on to:

www.bluebonnetnutrition.com

or write: Bluebonnet Nutrition Corporation
12915 Dairy Ashford, Sugar Land, TX 77478

Available in kosher and natural food stores

FSC & Green Seal logo centered here
Recognition of the potential health promoting effects of herbs can be traced back to ancient civilizations in Egypt, China, Greece and India – and more recently to Native Americans in the New World. As long as Eastern and Western history have been recorded, herbs have been used safely and effectively to implement a shift in underlying physiological processes, so the body can readily defend itself or adapt to the situation at hand. In fact, herbs have traditionally been used for a virtually endless list of structure/function applications: general health and wellness, adaptogen, immunity/resistance, weight and stress management, raising and renewing body vitality/energy, and more. Many of today’s medicines originated from herbs and botanicals. As the fifth-century Greek physician Hippocrates wrote, “Let food be thy medicine, and medicine be thy food.”

Herbs come from various raw or processed parts of a plant – including leaves, stems, flowers, roots and seeds. Today, their general role is still to support and protect bodily functions and processes. Through nutritional science, we know that herbs provide phytonutrients – potent, naturally occurring nutrients that help protect plants against environmental challenges – and that they act in general, rather than specific, ways. However, because herbs are natural products, their chemical compositions can fluctuate, depending on botanical species, geographic region, soil, weather, sun exposure, humidity, and

That’s why Bluebonnet’s fresh, innovative line of kosher standardized herbal extracts is just another one of nature’s miracles.†

† Saw Palmetto, Extra-Strength Saw Palmetto and Oil of Oregano are the only Bluebonnet standardized herbal extracts that are encapsulated in animal-derived softgels to enhance absorption.

‡ Only those Bluebonnet standardized herbs bearing the KOF-K emblem on the front label panel are kosher certified. Not all high-quality herbs on the market are available kosher.

◆ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
even the time of harvest and how they are stored. And, whole raw herbs are susceptible to a number of different contaminants, ranging from pesticides and herbicides to heavy metals. All of these variables significantly impact an herb’s pharmacological activity and pose challenges when utilizing them for specific structure/function applications.

That’s why Bluebonnet works with top extractors that employ the most advanced scientific technology to deliver the purest, standardized herbs available. In fact, each standardized herb is tested for heavy metals and pesticides and meets the stringent standards set by the U.S. Pharmacopeia. Equally important, Bluebonnet guarantees a consistent level of active constituents in every serving, so each herbal extract naturally delivers its benefit batch after batch.

Bluebonnet combines SCIENCE and NATURE to give you one of the most effective lines of standardized herbs on the market.

Bluebonnet’s approach to standardization starts with a painstaking identification and procurement process. Our nutritional scientists conduct intensive research to determine the component(s) and potencies responsible for each herb’s pharmacological and pharmacokinetic benefits. Then, we search the globe to discover those suppliers that produce a premium-quality herbal extract with the highest possible concentration of active constituent(s) from those indigenous locations where climate, temperature & soil converge.

Then, we take it one step further. Our first commitment has always been to nature. Our stand is uncompromising when it comes to protecting our communities, country and world at large. That is why Bluebonnet’s entire line of standardized herbs utilizes only sustainably wildcrafted or sustainably harvested sources to not only ensure that our herbal extracts are as pure as nature intended but to preserve each herb’s longevity for generations to come.

With a premium-quality herb in hand, a gentle, water and alcohol-based or supercritical CO2 extraction method is employed – instead of harsh solvents – depending on the solubility characteristics of the active constituent(s). Water and alcohol-based extraction is the industry gold standard for water-soluble actives, leaving no harmful residue unlike irradiation and ethylene oxide gas. The use of other unsafe solvents, such as acetone, hexane, benzene, and methyl chloride, are not only dangerous to your health but hazardous to the environment. Supercritical CO2 extraction, on the other hand, provides an advantage for standardizing fat-soluble actives because it is non-toxic, non-flammable and environmentally friendly. To top it off, most of our standardized herbs are encapsulated in all-vegetable, two-piece capsules, making them truly vegan from the inside out.† Plus, Bluebonnet is one of the few lines of standardized herbs on the market that is kosher certified providing yet another level of quality.‡

The result is an exceptionally pure line of scientifically advanced, sustainably harvested or wildcrafted, standardized herbal extracts whose safety, efficacy and potency is guaranteed in every serving through the expiration date.◆

† Saw Palmetto, Extra-Strength Saw Palmetto and Oil of Oregano are the only Bluebonnet standardized herbal extracts that are encapsulated in animal-derived softgels to enhance absorption.
‡ Only those Bluebonnet standardized herbs bearing the KOF-K emblem on the front label panel are kosher certified. Not all high-quality herbs on the market are available kosher.
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BLUEBONNET GIVES YOU STANDARDIZED HERBAL EXTRACTS FROM A TO Z

To make an informed decision on which herbal extracts are right for you, peruse key information on the following pages regarding Bluebonnet’s broad range of standardized herbal extracts. Our standardized herbs bearing the KOF-K symbol are kosher-certified. Plus, they are 100% vegan, as well as gluten-free, which means they are safe for people sensitive to wheat, barley, rye and oats.

STANDARDIZED AMERICAN GINSENG ROOT EXTRACT Vcaps

Bluebonnet’s Standardized American Ginseng Root Extract Capsules use a sustainably harvested American ginseng root that is standardized to ginsenosides (20 mg/serving), its most researched active constituents.

Acting primarily as an adaptogen, this standardized herbal extract helps to revitalize the body from emotional and physical stress. Research suggests it may also help to improve cognitive performance and memory, as well as regulate blood glucose levels already within the normal range.

Product No. 1302
60 Capsules

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>American Ginseng Root Extract (Panax quinquefolius L., standardized to 5% [20 mg] ginsenosides)</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silica.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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.
STANDARDIZED ASTRAGALUS ROOT EXTRACT Vcaps

Immune Support •

Bluebonnet’s Standardized Astragalus Root Extract Capsules use a sustainably harvested astragalus root that is standardized to polysaccharides (280 mg/serving), its most researched active constituents. This standardized herbal extract supports immune health, strengthens resistance to environmental challenges, and enhances digestion. ♦

Product No. 1304
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragalus Root Extract 400 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Astragalus membranaceus L., standardized to 70% [280 mg] polysaccharides)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silica.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

STANDARDIZED BILBERRY FRUIT EXTRACT Vcaps

Vision Support •

Bluebonnet’s Standardized Bilberry Fruit Extract Capsules use a sustainably wildcrafted bilberry fruit that is standardized to anthocyanins (28.8 mg/serving), its most researched active constituents. Historically, during WWII, airplane pilots consumed bilberry fruit jam to improve night vision. More recently, in addition to supporting eye health, bilberry fruit has been shown in research to support gastrointestinal health. ♦

Product No. 1312 - 60 Capsules
Product No. 1313 - 120 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bilberry Fruit Extract 80 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Vaccinium myrtillus L., standardized to 36% [28.8 mg] anthocyanins)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silica.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.
STANDARDIZED
BLACK COHOSH ROOT EXTRACT Vcaps

Menopausal Support •

Bluebonnet’s Standardized Black Cohosh Root Extract Capsules use a sustainably harvested black cohosh root that is standardized to triterpene glycosides (6.25 mg/serving), its most researched active constituents. In fact, these actives in the dried root of black cohosh have been shown in research to support women’s menopausal health by attenuating hot flashes. •

Product No. 1316
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Cohosh Root Extract 250 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

*(Cimicifuga racemosa L., standardized to 2.5% [6.25 mg] triterpene glycosides)*

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

STANDARDIZED CAT’S CLAW BARK (UÑA DE GATO) EXTRACT Vcaps

Immune Support •

Bluebonnet’s Standardized Cat’s Claw Bark Extract Capsules use a sustainably harvested cat’s claw bark that is standardized to polyphenols (45 mg/serving) and alkaloids (9 mg/serving), its most researched active constituents. This standardized herbal extract has undergone a purification process to render it virtually devoid of potentially toxic inherent compounds called tetracyclic oxindole alkaloids (TAO). Research suggests that this herb helps to support the immune system and blood flow, as well as maintain healthy cholesterol levels that are already within normal range. •

Product No. 1320
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cat’s Claw Bark Extract 300 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

*(Uncaria tomentosa, standardized to 15% [45 mg] polyphenols and 3% [9 mg] alkaloids)*

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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STANDARDIZED CAYENNE PEPPER FRUIT EXTRACT Vcaps

Bluebonnet’s Standardized Cayenne Pepper Fruit Extract Capsules use a sustainably wildcrafted cayenne pepper fruit that is standardized to capsaicin (1.26 - 1.86 mg/serving), its most researched active constituent. Historically, cayenne has been used to address a myriad of issues ranging from promoting tooth comfort to supporting urinary, digestive and kidney health. Current research suggests that it may also aid in enhancing peripheral circulation, as well as stimulating thermogenesis, which increases metabolism thereby supporting healthy weight management when combined with proper diet and exercise.

Product No. 1318
60 Capsules

Directions: As a dietary supplement, take two vegetarian capsules once daily, preferably with a meal or full glass of water or as directed by a healthcare practitioner.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 2 Capsules</th>
<th>Servings Per Container 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount % Daily Value</td>
<td></td>
</tr>
<tr>
<td>Per Serving</td>
<td></td>
</tr>
<tr>
<td>Cayenne Pepper Fruit Extract</td>
<td>600 mg *</td>
</tr>
<tr>
<td>(Capsicum annuum L. &amp; Capsicum frutescens L., standardized to 0.2%-0.3% [1.26 mg-1.86 mg] capsaicin)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, maltodextrin, rice bran, annatto (colorant), vegetable cellulose, silica, acacia gum.

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

Also free of yeast, gluten, barley, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

NEW

STANDARDIZED CINNULIN PF® CINNAMON BARK EXTRACT Vcaps

Bluebonnet’s Standardized Cinnulin PF® Cinnamon Bark Extract Capsules use a sustainably harvested cinnamon bark that is standardized to type-A polymers (9 mg/serving), its most researched active constituents. Due to the fact that this is a special water-soluble standardized extract, the toxic compounds typically found in whole cinnamon and fat-soluble cinnamon extract are eliminated. Science suggests that cinnamon bark may help to maintain healthy blood sugar levels that are already within the normal range, as well as support healthy weight management.

Product No. 1321
60 Capsules

Directions: As a dietary supplement, take two vegetarian capsules once daily or as directed by a healthcare practitioner.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 2 Capsules</th>
<th>Servings Per Container 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount % Daily Value</td>
<td></td>
</tr>
<tr>
<td>Per Serving</td>
<td></td>
</tr>
<tr>
<td>Cinnulin PF® - Cinnamon Bark Extract</td>
<td>300 mg *</td>
</tr>
<tr>
<td>(Cinnamomum burmannii, standardized to 3% [9 mg] type A polymers)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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STANDARDIZED
DONG QUAI ROOT EXTRACT Vcaps

Bluebonnet’s Standardized Dong Quai Root Extract Capsules use a sustainably harvested dong quai root that is standardized to ligustilides (2.5 mg serving), its most researched active constituents. According to research, dong quai root supports women’s menstrual and menopausal health by attenuating menstrual cramps and other PMS or menopausal concerns. It has also been shown to enhance blood flow to help improve circulation.

Product No. 1328
60 Capsules

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
</tr>
<tr>
<td>Dong Quai Root Extract</td>
</tr>
</tbody>
</table>

Dong Quai Root Extract (Angelica sinensis, standardized to 1% [2.5 mg] ligustilides)

* Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, silica, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

STANDARDIZED
ECHINACEA ROOT EXTRACT Vcaps

Bluebonnet’s Standardized Echinacea Root Extract Capsules use a sustainably harvested echinacea root that is standardized to echinacosides (8 mg/serving), its most researched active constituents. Research suggests echinacea root extract may help to promote the body’s natural resistance; therefore, supporting a healthy immune system.

Product No. 1334
60 Capsules

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount</td>
</tr>
<tr>
<td>Echinacea Root Extract</td>
</tr>
</tbody>
</table>

Echinacea Root Extract (Echinacea angustifolia L., standardized to 4% [8 mg] echinacosides)

* Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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STANDARDIZED ECHINACEA GOLDENSEAL ROOT EXTRACT Vcaps

Bluebonnet’s Standardized Echinacea Goldenseal Root Extract Capsules use sustainably harvested echinacea and goldenseal roots that are standardized to echinacosides (5 mg/serving) and alkaloids (6.25 mg/serving), their most researched active constituents, respectively. Research suggests echinacea and goldenseal root extracts work synergistically to help promote the body’s natural resistance; therefore, supporting a healthy immune system. ♦

Product No. 1337 60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Echinacea Root, Goldenseal Root Extracts</td>
<td>250 mg</td>
</tr>
<tr>
<td>Echinacea Root Extract</td>
<td>125 mg * (Echinacea angustifolia L., standardized to 4% [5 mg] echinacosides)</td>
</tr>
<tr>
<td>Goldenseal Root Extract</td>
<td>125 mg * (Hydrastis canadensis L., standardized to 5% [6.25 mg] alkaloids)</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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STANDARDIZED ELDERBERRY FRUIT EXTRACT Vcaps

Bluebonnet’s Standardized Elderberry Fruit Extract Capsules use a sustainably wildcrafted elderberry fruit that is standardized to polyphenols (45 mg/serving), its most researched active constituents. According to research, this standardized herbal extract helps to promote the body’s natural resistance, exhibiting potent seasonal immune support as well as powerful antioxidant protection. ♦

Product No. 1340 60 Capsules

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

Supplement Facts
Serving Size 1 Capsules

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elderberry Fruit Extract (Sambucus nigra L., standardized to 30% [45 mg] polyphenols)</td>
<td>150 mg</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

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.
STANDARDIZED FENUGREEK SEED EXTRACT Vcaps

*Lactation Support •

Bluebonnet’s Standardized Fenugreek Seed Extract Capsules use a sustainably wildcrafted fenugreek seed that is standardized to total saponins (120 mg/serving), its most researched active constituents. Research suggests that the saponins in fenugreek seed extract act as a galactagogue, which is a substance that helps stimulate maternal milk production in women who want to breastfeed. ♦

**Product No. 1341**
60 Capsules

**Directions:** As a dietary supplement, take two vegetarian capsules one to three times daily or as directed by a healthcare practitioner.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 2 Capsules</td>
</tr>
<tr>
<td>Servings Per Container 30</td>
</tr>
<tr>
<td>Amount</td>
</tr>
<tr>
<td>Per Serving</td>
</tr>
<tr>
<td>Fenugreek Seed Extract</td>
</tr>
<tr>
<td>(Trigonella foenum-graecum L., standardized to 20% [120 mg] total saponins)</td>
</tr>
<tr>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

STANDARDIZED FEVERFEW LEAF EXTRACT Vcaps

*Head Stress Comfort •

Bluebonnet’s Standardized Feverfew Leaf Extract Capsules use a sustainably wildcrafted feverfew leaf that is standardized to parthenolides (1.25 mg/serving), its most researched active constituents. Research suggests that this standardized herbal extract promotes better blood flow and attenuates bodily stress to optimize head comfort. ♦

**Product No. 1342**
60 Capsules

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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</thead>
<tbody>
<tr>
<td>Serving Size 1 Capsule</td>
</tr>
<tr>
<td>Amount</td>
</tr>
<tr>
<td>Per Serving</td>
</tr>
<tr>
<td>Feverfew Leaf Extract</td>
</tr>
<tr>
<td>(Tanacetum parthenium, standardized to 0.5% [1.25 mg] parthenolides)</td>
</tr>
<tr>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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STANDARDIZED GINGER ROOT EXTRACT Vcaps

**Digestive Support •**

Bluebonnet’s Standardized Ginger Root Extract Capsules use a sustainably harvested ginger root that is standardized to gingerols (15 mg/serving), its most researched active constituents. Research has shown that this standardized herbal extract supports digestive health.

**Product No. 1346**

**60 Capsules**

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginger Root Extract 300 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Zingiber officinale, standardized to 5% (15 mg) gingerols)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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STANDARDIZED GINKGO BILOBA LEAF EXTRACT Vcaps

**Cognitive Support •**

Bluebonnet’s Standardized Ginkgo Biloba Leaf Extract Capsules use a sustainably wildcrafted ginkgo biloba leaf that is standardized to ginkgo flavonglycosides (14.4 mg/serving) and terpene lactones (3.6 mg/serving), its most researched active constituents. This standardized herbal extract has undergone a purification process to render it virtually free (<0.5%) of ginkgloic acids typically found in inferior raw material, which can induce headaches in some individuals. Research has shown that premium ginkgo biloba leaf extract supports cognitive health (both function and memory), as well as promotes better blood flow for optimal cardiovascular health.

**Product No. 1360 • 30 Capsules**

**Product No. 1362 • 60 Capsules**

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginkgo Biloba Leaf Extract 60 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Ginkgo biloba L., standardized to 24% (14.4 mg) ginkgo flavonglycosides, 6% (3.6 mg) terpene lactones (ginkgolides &amp; bilobalides))</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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New Standardized Extra-Strength Ginkgo Biloba Leaf Extract Vcaps

Cognitive Support •

Bluebonnet’s Standardized Ginkgo Biloba Leaf Extract Capsules use a sustainably wildcrafted ginkgo biloba leaf that is standarized to *ginkgo flavonglycosides* (28.8 mg/serving) and *terpene lactones* (7.2 mg/serving), its most researched active constituents. This standardized herbal extract has undergone a purification process to render it virtually free (<0.5%) of ginkgolic acids typically found in inferior raw material, which can induce headaches in some individuals. Research has shown that premium ginkgo biloba leaf extract supports cognitive health (both function and memory), as well as promotes better blood flow for optimal cardiovascular health. ♦

Product No. 1364 - 30 Capsules
Product No. 1365 - 60 Capsules

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Ginkgo Biloba Leaf Extract</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

**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.**

Sta**ndardized Goldenseal Root Extract Vcaps

Immune Support •

Bluebonnet’s Standardized Goldenseal Root Extract Capsules use a sustainably harvested goldenseal root that is standardized to *alkaloids* (12.5 mg/serving), its most researched active constituents. This standardized herbal extract has been shown in research to help promote the body’s natural resistance; therefore, supporting a healthy immune system. ♦

Product No. 1344
60 Capsules

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Goldenseal Root Extract</td>
</tr>
</tbody>
</table>

*(Hydrastis canadensis L., standardized to 5% [12.5 mg] alkaloids)*

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silica.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

**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.**
Bluebonnet’s Standardized EGCG Green Tea Leaf Extract Capsules use a sustainably wildcrafted green tea leaf that is standardized to total polyphenols, catechins and EGCG (332 mg, 262 mg and 157 mg per serving, respectively), its most researched active constituents. Furthermore, this standardized herbal extract has been decaffeinated so you get all of green tea’s benefits without the jitters. Research has shown that green tea leaf extract acts as a powerful antioxidant supporting immune and heart health, as well as stimulates thermogenesis, and when combined with proper diet and exercise, may contribute to healthy weight management. ♦

**Product No. 1378 - 60 Capsules**
**Product No. 1379 - 120 Capsules**

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Green Tea Leaf Extract</td>
</tr>
</tbody>
</table>

(Camellia sinensis L., standardized to 95% [332 mg] total polyphenols, 75% [262 mg] catechins, 45% [157 mg] EGCG)

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

Bluebonnet’s Standardized Hawthorn Herb Extract Capsules use sustainably wildcrafted hawthorn berries, flowers and leaves that are standardized to flavonoids (2.25 mg/serving) and vitexin (3.6 mg/serving), respectively, their most researched active constituents. This standardized herbal extract has been shown in research to promote healthy blood flow, and when functioning as an antioxidant may protect blood vessels from oxidative stress for optimal cardiovascular support. ♦

**Product No. 1372**
60 Capsules

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Hawthorn Flower, Leaf Extract</td>
</tr>
<tr>
<td>Hawthorn Berry Extract</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

*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.
STANDARDIZED HOLY BASIL LEAF EXTRACT Vcaps

Bluebonnet’s Standardized Holy Basil Leaf Extract Capsules use a sustainably wildcrafted holy basil leaf that is standardized to ursolic acid (10 mg/serving), its most researched active constituent. Research suggests that this standardized herbal extract acts as an adaptogen and a valuable liver protectant since it increases the levels of potent endogenous antioxidants like glutathione.

Product No. 1375
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holy Basil Leaf Extract</td>
<td>400 mg *</td>
</tr>
<tr>
<td>(Ocimum sanctum L., standardized to 2.5% [10 mg] ursolic acid)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

NEW
Liver Health & Adaptogen

STANDARDIZED MILK THISTLE FRUIT & SEED EXTRACT Vcaps

Bluebonnet’s Standardized Milk Thistle Fruit & Seed Extract Capsules use sustainably wildcrafted milk thistle fruit and seeds that are standardized to total flavonoids including silymarins (140 mg/serving), its most researched active constituents. Research suggests that this standardized herbal extract protects the liver by promoting detoxification of harmful substances and inhibiting oxidative stress.

CAUTION: Consult your healthcare practitioner prior to using this product if you are trying to conceive, pregnant, nursing, taking medication, particularly cognitive drugs, birth control, statins, blood thinners and other drugs broken down by the liver, or have a medical condition.

Product No. 1380 - 60 Capsules
Product No. 1381 - 120 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk Thistle Fruit, Seed Extract</td>
<td>175 mg *</td>
</tr>
<tr>
<td>(Silymarin marianum L., standardized to 80% [140 mg] total flavonoids [including silymarins])</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

*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.
OIL OF OREGANO LEAF EXTRACT SOFTGELS

Bluebonnet’s Oil of Oregano Leaf Extract Softgels use a highly-refined and concentrated (10:1) extract of oregano leaf derived from a true wild Mediterranean species and sustainably wildcrafted from the mountainous regions of Hungary. Research has shown that oregano supports the immune system by assisting the body in its own natural defense. It also provides powerful antioxidant properties to counteract oxidative stress.

**Product No. 1382**
60 Softgels

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Softgel</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Oil of Oregano Leaf Extract</td>
<td>150 mg</td>
</tr>
<tr>
<td>* (Origanum vulgare, a 10:1 extract equivalent to 1,500 mg of Oregano)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: Gelatin, glycerin, water, extra virgin olive oil.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

STANDARDIZED OLIVE LEAF HERB EXTRACT Vcaps

Bluebonnet’s Standardized Olive Leaf Herb Extract Capsules use a sustainably wildcrafted olive leaf that is standardized to oleuropein (54 mg/serving), its most researched active constituent. Research has shown that olive leaf supports the immune system by assisting the body in its own natural defense. It also provides powerful antioxidant properties to counteract oxidative stress.

**Product No. 1385 - 60 Capsules**
Product No. 1386 - 120 Capsules

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Capsule</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Olive Leaf Herb Extract</td>
<td>300 mg</td>
</tr>
<tr>
<td>* (Olea europaea L., standardized to 18% [54 mg] oleuropein)</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, silica, vegetable cellulose, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

*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.
STANDARDIZED **RHODIOLA ROSEA**
(ARCTIC) ROOT EXTRACT *vCaps*

**Mood Support & Adaptogen •**

Bluebonnet’s Standardized Rhodiola Rosea (Arctic) Root Extract Capsules use a sustainably harvested rhodiola rosea root that is standardized to rosavins (7.5 mg/serving) and salidrosides (2.5 mg/serving), its most researched active constituents. Research has shown that this standardized herbal extract acts as an adaptogen to maintain the body’s resistance to chemical, biological and physical stressors, as well as improve memory/learning and mediate mood. ♦

*Product No. 1387*
60 Capsules

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

**Supplement Facts**
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhodiola Rosea Root Extract</td>
<td>250 mg*</td>
</tr>
</tbody>
</table>
( *Rhodiola rosea*, standardized to 3% [7.5 mg] rosavins, 1% [2.5 mg] salidrosides)
*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

STANDARDIZED **SAW PALMETTO**
BERRY EXTRACT *Softgels*

**Prostate Support •**

Bluebonnet’s Standardized Saw Palmetto Berry Extract Softgels use a sustainably wildcrafted saw palmetto berry that is standardized to fatty acids and active sterols (136 - 152 mg/serving), its most researched active constituents. A supercritical CO2 extraction process is employed to capture and preserve saw palmetto’s most valuable components, which have been shown in research to promote urinary flow and optimal prostate health. ♦

*Product No. 1388 - 30 Softgels*
*Product No. 1390 - 60 Softgels*

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

**Supplement Facts**
Serving Size 1 Softgel

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saw Palmetto Berry Extract</td>
<td>160 mg*</td>
</tr>
</tbody>
</table>
(Serenoa repens, standardized to 85%-95% [136 mg – 152 mg] fatty acids & active sterols)
*Daily Value not established.

Other ingredients: Gelatin, glycerin, water, extra virgin olive oil.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

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.
Standardized Extra-Strength Saw Palmetto Berry Extract Softgels

**Prostate Support •**

Bluebonnet’s Standardized Extra-Strength Saw Palmetto Berry Extract Softgels use a sustainably wildcrafted saw palmetto berry that is standardized to fatty acids and active sterols (272 - 304 mg/serving), its most researched active constituents. A supercritical CO2 extraction process is employed to capture and preserve saw palmetto’s most valuable components, which have been shown in research to promote urinary flow and optimal prostate health. ♦

**Product No. 1392 - 30 Softgels**
**Product No. 1393 - 60 Softgels**

**Directions:** As a dietary supplement, take one softgel daily or as directed by a healthcare practitioner.

### Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saw Palmetto Berry Extract</td>
<td>320 mg</td>
</tr>
</tbody>
</table>

* (Serenoa repens, standardized to 85%-95% [272 mg – 304 mg] fatty acids & active sterols).

*Daily Value not established.

Other ingredients: Gelatin, glycerin, water, extra virgin olive oil.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

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Standardized Siberian Eleuthero Root Extract Vcaps

**Energy & Stamina •**

Bluebonnet’s Standardized Siberian Eleuthero Root Extract Capsules use a sustainably harvested Siberian eleuthero root that is standardized to eleutherosides (4 mg/serving), its most researched active constituents. Research has shown that this standardized herbal extract increases energy and stamina levels, especially in athletes, by increasing resistance to physical, chemical and biological stress. ♦

**Product No. 1370**
**60 Capsules**

**Directions:** As a dietary supplement, take one vegetarian capsule daily or as directed by a healthcare practitioner.

### Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Siberian Eleuthero Root Extract</td>
<td>500 mg</td>
</tr>
</tbody>
</table>

(Eleutherococcus senticosus, standardized to 0.8% [4 mg] eleutherosides)

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

♦ 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.
STANDARDIZED ST. JOHN’S WORT FLOWER EXTRACT Vcaps

Mood Support •

Bluebonnet’s Standardized St. John’s Wort Flower Extract Capsules use a sustainably wildcrafted St. John’s Wort flower that is standardized to hypericin (0.9 mg/serving), its most researched active constituent. Research has shown that this standardized herbal extract acts as a natural mood enhancer by attenuating emotional stress. ♦

CAUTION: Consult your healthcare practitioner prior to using this product if you are trying to conceive, pregnant, nursing, taking medication, particularly cognitive drugs, and blood thinners, or have a medical condition.

Product No. 1397
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. John’s Wort Flower Extract (Hypericum perforatum L., standardized to 0.3% [0.9 mg] hypericin)</td>
<td>300 mg</td>
</tr>
</tbody>
</table>

*Daily Value not established.

STANDARDIZED TURMERIC ROOT EXTRACT Vcaps

Joint, Cardio & Cellular Support •

Bluebonnet’s Standardized Turmeric Root Extract Capsules use a sustainably harvested turmeric root that is standardized to total curcuminoids (380 mg/serving), along with a breakdown of the three most potent curcuminoids (265 mg/serving of curcumin, 55 mg/serving of demethoxycurcumin, and 9.5 mg of bisdemethoxycurcumin), which are this Ayurvedic herb’s most researched active constituents. This popular standardized Indian herbal extract has been widely studied by respected institutions, including the NIH, to not only offer potent antioxidant and cardiovascular protection but to also support optimal joint and cellular health. ♦

Product No. 1394 - 60 Capsules
Product No. 1395 - 120 Capsules

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

Supplement Facts
Serving Size 1 Capsule

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric Root Extract (Curcuma longa L., standardized to 95% [380 mg] total curcuminoids, 70% [265 mg] curcumin, 15% [55 mg] demethoxycurcumin, 2.5% [9.5 mg] bisdemethoxycurcumin)</td>
<td>400 mg</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, calcium phosphate, vegetable cellulose, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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.

Other ingredients: 100% Kosher vegetable capsules, silica, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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.
STANDARDIZED VALERIAN ROOT EXTRACT Vcaps

sleep Support •

Bluebonnet’s Standardized Valerian Root Extract Capsules use a sustainably harvested valerian root that is standardized to total valerenic acid (2 mg/serving), its most researched active constituents. Research has shown that this standardized herbal extract can help address occasional sleeplessness, as well as inhibit anxiety and other stressors.

Product No. 1398
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

Amount Per Serving % Daily Value
Valerian Root Extract 250 mg *
(Valeriana officinalis L., standardized to 0.8% [2 mg] total valerenic acid)

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

STANDARDIZED VITEX BERRY (CHASTEBERRY) EXTRACT Vcaps

Menstrual/Menopausal Support •

Bluebonnet’s Standardized Vitex Berry (Chasteberry) Extract Capsules use a sustainably wildcrafted vitex berry that is standardized to agnusides (1.13 mg/serving), its most researched active constituents. Research suggests that chasteberry supports women’s menstrual and menopausal health by addressing PMS issues and menstrual cycle irregularities, as well as change-of-life hormonal concerns.

Product No. 1399
60 Capsules

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

Supplement Facts
Serving Size 1 Capsule

Amount Per Serving % Daily Value
Vitex Berry Extract 225 mg *
(Agnus castus L., standardized to 0.5% [1.13 mg] agnusides)

*Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, silica, vegetable magnesium stearate.

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

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet’s KOF-K certification #K-0000700

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.
<table>
<thead>
<tr>
<th>Herb</th>
<th>Botanical Name</th>
<th>Active Part</th>
<th>Active Constituents</th>
<th>Bluebonnet’s Standardized Actives Per Serving</th>
<th>Main Roles</th>
<th>Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Ginseng</td>
<td>Panax quinquefolius</td>
<td>Root</td>
<td>Ginsenosides 5% (20 mg) Ginsenosides</td>
<td>Adaptogen for Stress •</td>
<td>Do not use if you have a cold, flu, high blood pressure or are on high blood pressure medication. Do not use if you are pregnant, nursing, trying to conceive or have menstrual problems.</td>
<td></td>
</tr>
<tr>
<td>Astragalus</td>
<td>Astragalus membranaceus</td>
<td>Root</td>
<td>Polysaccharides 70% (280 mg) Polysaccharides</td>
<td>Immune Support •</td>
<td>Do not use if you are experiencing a fever.</td>
<td></td>
</tr>
<tr>
<td>Bilberry</td>
<td>Vaccinium myrtillus</td>
<td>Fruit</td>
<td>Anthocyanins 36% (28.8 mg) Anthocyanins</td>
<td>Vision Support •</td>
<td>None known.</td>
<td></td>
</tr>
<tr>
<td>Black Cohosh</td>
<td>Cimicifuga racemosa</td>
<td>Root</td>
<td>Triterpene glycosides 2.5% (6.25 mg) Triterpene Glycosides</td>
<td>Menopausal Support •</td>
<td>Do not use if you are pregnant, trying to conceive, nursing or suffer from a chronic disease.</td>
<td></td>
</tr>
<tr>
<td>Cat’s Claw</td>
<td>Uncaria tomentosa</td>
<td>Bark</td>
<td>Alkaloids, Polyphenols 3% (9 mg) Alkaloids and 15% (45 mg) Polyphenols</td>
<td>Immune Support •</td>
<td>Do not use if you are pregnant, trying to conceive or nursing.</td>
<td></td>
</tr>
<tr>
<td>Cayenne</td>
<td>Capsicum annuum L., and Capsicum frutescens</td>
<td>Fruit</td>
<td>Capsaicin and Scoville Heat Units 0.2 – 0.3% (1.26 – 1.86 mg) Capsaicin and 40,000 Scoville Heat Units</td>
<td>Circulation and Weight Management •</td>
<td>Consult your healthcare practitioner prior to using this product if you are trying to conceive, pregnant, nursing, taking medication, or have a medical condition, particularly gastrointestinal sensitivity. Discontinue use two weeks prior to surgery.</td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Cinnamomum burmannii</td>
<td>Bark</td>
<td>Trimeric and tetrameric polyphenol type-A polymers</td>
<td>As Part of a Balanced Diet to Help Maintain Healthy Blood Sugar Levels Already Within Normal Range •</td>
<td>Do not use if you are taking blood sugar (glucose) medications.</td>
<td></td>
</tr>
<tr>
<td>Dong Quai</td>
<td>Angelica sinensis</td>
<td>Root</td>
<td>Ligustilides 1% (2.5 mg) Ligustilides</td>
<td>Menstrual/Menopausal Support •</td>
<td>Do not use if you are pregnant, trying to conceive, or nursing or suffer from stomach ulcers.</td>
<td></td>
</tr>
<tr>
<td>Echinacea</td>
<td>Echinacea angustifolia</td>
<td>Root</td>
<td>Echinacosides 4% (8 mg) Echinacosides</td>
<td>Immune Support •</td>
<td>Obtain medical advice if preexisting autoimmune conditions are present.</td>
<td></td>
</tr>
<tr>
<td>Elderberry</td>
<td>Sambucus nigra</td>
<td>Fruit</td>
<td>Polyphenols 30% (45 mg) Polyphenols</td>
<td>Cellular and Immune Support •</td>
<td>None known.</td>
<td></td>
</tr>
<tr>
<td>Fenugreek</td>
<td>Trigonella foenum-graecum</td>
<td>Seed</td>
<td>Saponins 20% [120 mg] Total Saponins</td>
<td>Lactation Support •</td>
<td>Do not use if you are taking anti-coagulant or anti-diabetic medications.</td>
<td></td>
</tr>
<tr>
<td>Feverfew</td>
<td>Tanacetum parthenium</td>
<td>Leaf</td>
<td>Parthenolides 0.5% [1.25 mg] Parthenolides</td>
<td>Head Stress Comfort •</td>
<td>Do not use if you are pregnant, trying to conceive or nursing.</td>
<td></td>
</tr>
<tr>
<td>Ginger</td>
<td>Zingiber officinale</td>
<td>Root</td>
<td>Gingerols 5% (15 mg) Gingerols</td>
<td>Digestive Support •</td>
<td>Do not use if you are taking anti-coagulant medications.</td>
<td></td>
</tr>
<tr>
<td>Ginkgo Biloba</td>
<td>Ginkgo biloba L.</td>
<td>Leaf</td>
<td>Ginkgo flavonoglycosides, terpene lactones 24% [14.4 mg] Ginkgo Flavonoglycosides and 6% [3.6 mg] Terpene Lactones while Extra-Strength Ginkgo Biloba Leaf Extract Capsules provide 24% [28.8 mg] Ginkgo Flavonoglycosides and 6% [7.2 mg] Terpene Lactones</td>
<td>Cognitive Support •</td>
<td>Do not use if you are taking anti-coagulant medications. In high doses can cause headaches, stomach and intestinal upset.</td>
<td></td>
</tr>
</tbody>
</table>

◆ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
## STANDARDIZED HERBS SUMMARY

<table>
<thead>
<tr>
<th>Herb</th>
<th>Botanical Name</th>
<th>Active Part</th>
<th>Active Constituents</th>
<th>Bluebonnet’s Standardized Actives Per Serving</th>
<th>Main Roles</th>
<th>Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goldenseal</td>
<td>Hydrastis canadensis</td>
<td>Root</td>
<td>Alkaloids</td>
<td>5% [12.5 mg] Alkaloids</td>
<td>Immune Support</td>
<td>Do not use if you are pregnant, trying to conceive or nursing or suffer from high blood pressure and/or are on high blood pressure medications.</td>
</tr>
<tr>
<td>Green Tea</td>
<td>Camellia sinensis</td>
<td>Leaf</td>
<td>Polyphenols, catechins: EGC, EGG, EG, EC</td>
<td>EGC Green Tea Leaf Extract Vcaps contains 95% [332 mg] polyphenols of which 75% [262 mg] is catechins of which 45% [157 mg] is EGC</td>
<td>Antioxidant Support and Thermogenesis for Weight Management</td>
<td>Do not use if you are pregnant, trying to conceive or nursing.</td>
</tr>
<tr>
<td>Hawthorn</td>
<td>Crataegus oxycantha and Crataegus pinnatifida</td>
<td>Flower, Leaf and Berry</td>
<td>Vitexin, Flavonoids</td>
<td>1.8% [3.6 mg] Vitexin and 1.5% [2.25 mg] Flavonoids</td>
<td>Cardiovascular Support</td>
<td>Do not use if you suffer from high blood pressure and/or are on high blood pressure medications.</td>
</tr>
<tr>
<td>Holy Basil</td>
<td>Ocimum sanctum L.</td>
<td>Leaf</td>
<td>Ursolic Acid</td>
<td>2.5% [10 mg] Ursolic Acid</td>
<td>Liver Health &amp; Adaptogen</td>
<td>Do not use if you are pregnant, trying to conceive or nursing. Discontinue use two weeks prior to surgery.</td>
</tr>
<tr>
<td>Milk Thistle</td>
<td>Silymarin marianum</td>
<td>Seed, Fruit</td>
<td>Silymarin, Total Flavonoids</td>
<td>80% [140 mg] Total Flavonoids including Silymarin</td>
<td>Liver Detoxification</td>
<td>Side effects are rare; however, high doses may have a laxative effect.</td>
</tr>
<tr>
<td>Oregano</td>
<td>Origanum vulgare</td>
<td>Leaf</td>
<td>Oil</td>
<td>N/A</td>
<td>Immune Support</td>
<td>None known.</td>
</tr>
<tr>
<td>Olive</td>
<td>Olea europaea</td>
<td>Leaf</td>
<td>Oleuropein</td>
<td>18% [54 mg] Oleuropein</td>
<td>Immune Support</td>
<td>None known.</td>
</tr>
<tr>
<td>Rhodiola Rosea (Arctic Root)</td>
<td>Rhodiola rosea</td>
<td>Root</td>
<td>Rosavins, salidrosides</td>
<td>3% [7.5 mg] Rosavins and 1% [2.5 mg] Salidrosides</td>
<td>Mood Support &amp; Adaptogen</td>
<td>None known.</td>
</tr>
<tr>
<td>Saw Palmetto</td>
<td>Serenoa repens</td>
<td>Berry</td>
<td>Fatty acids, active sterols</td>
<td>Saw Palmetto Berry Extract 160 mg Softgels provide 85%-95% fatty acids &amp; active sterols [136-152 mg]; while Extra-Strength Saw Palmetto Berry Extract 320 mg Softgels provide 85%-95% fatty acids &amp; active sterols [272-304 mg]</td>
<td>Prostate Support</td>
<td>None known.</td>
</tr>
<tr>
<td>Siberian Eleuthero</td>
<td>Eleutherococcus senticos</td>
<td>Root</td>
<td>Eleutherosides</td>
<td>0.8% [4 mg] Eleutherosides</td>
<td>Energy &amp; Stamina</td>
<td>Do not use if you suffer from high blood pressure and/or are on high blood pressure medications.</td>
</tr>
<tr>
<td>St. John’s Wort</td>
<td>Hypericum perforatum</td>
<td>Flower</td>
<td>Hypericin</td>
<td>0.3% [0.9 mg] of Hypericin</td>
<td>Mood Support</td>
<td>Do not use with antidepressants or any other medications without consulting your healthcare practitioner. May cause skin sensitivity to sunlight if taken in large doses.</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Curcuma longa</td>
<td>Root</td>
<td>Curcuminoids</td>
<td>95% [380 mg] Total Curcuminoids, 70% [265 mg] curcumin, 15% [55 mg] demethoxycurcumin, 2.5% [9.5 mg] of bisdemethoxycurcumin</td>
<td>Joint, Cardiovascular and Cellular Support</td>
<td>Do not use if you have of gallstones or obstructed bile ducts. Symptoms include abdominal pain on the upper right side, dark urine, fever, itching, jaundice (yellow skin color), nausea and vomiting, and pale-colored stools.</td>
</tr>
<tr>
<td>Valerian</td>
<td>Valeriana officinalis</td>
<td>Root</td>
<td>Valereneic acid</td>
<td>0.8% [2 mg] Valereneic acid</td>
<td>Sleep Support</td>
<td>Do not use if you are pregnant, trying to conceive or nursing and do not mix with alcohol.</td>
</tr>
<tr>
<td>Vitex (Chasteberry Extract)</td>
<td>Agrinus castus</td>
<td>Berry</td>
<td>Agnusides</td>
<td>0.5% [1.13 mg] Agnusides</td>
<td>Menstrual Support</td>
<td>Do not use if you are pregnant, trying to conceive or nursing.</td>
</tr>
</tbody>
</table>

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For a complete list of references, please refer to Appendix D on page 183.
To harness the **Power of Standardized Herbs**, look to Bluebonnet Nutrition for:

- A broad line of single-ingredient, standardized herbal extracts.
- Multiple delivery systems (Vcaps and Softgels).
- Advanced, patented, branded herbal ingredients (e.g. Indena®, Indena MirtoSelect®, Indena GinkgoSelect® and Cinnulin PF®), which are supported by sound scientific research.
- Standardized herbs bearing \[\text{kosher symbol}\] signifies that they are kosher certified, which not only appeals to those observing religious dietary laws, but also to vegetarians and others who equate the kosher symbol with quality and a higher level of cleanliness and purity.*

- Standardized herbs bearing \[\text{vegan symbol}\] are free of all animal products/by-products and suitable for vegetarians and vegans alike.
- Standardized herbs bearing \[\text{gluten-free symbol}\] are free of gluten and are safe for individuals who are sensitive to wheat, barley, rye and oats.
- Actively search the globe for plant-based products that are sustainably wildcrafted or sustainably harvested when available.

* Only those Bluebonnet supplements bearing \[\text{kosher symbol}\] are kosher-certified.

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