


www.bluebonnetnutrition.com

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



MAXI ONE[®]

Single Daily Multiple

With B-Complex 75
Coenzymes & Super Fruits
Dietary Supplement
60 Caplets



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

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	% DV
Vitamin A (as natural beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	5000 IU 100
Vitamin C (as L-ascorbic acid)	250 mg 418
Vitamin D ₃ (as cholecalciferol)	1000 IU 250
Vitamin E (as d-alpha tocopheryl succinate)	150 IU 500
Vitamin B ₁ (as thiamin mononitrate)	75 mg 5000
Vitamin B ₂ (as riboflavin, riboflavin 5 phosphate)	75 mg 4412
Vitamin B ₃ (as niacinamide)	75 mg 375
Vitamin B ₆ (as pyridoxine HCl, pyridoxine 5 phosphate)	75 mg 3750
Folate (as folic acid)	400 mcg 100
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin)	75 mcg 1250
Biotin	75 mcg 25
Pantothenic Acid (as calcium D-pantothenate)	75 mg 750
Calcium (as calcium citrate)	25 mg 3
Iron (as bisglycinate chelate)	5 mg 28
Iodine (as potassium iodide)	150 mcg 100
Magnesium (as citrate, bisglycinate chelate, oxide)	12.5 mg 3
Zinc (as bisglycinate chelate)	10 mg 67
Selenium (as glycinate complex)††	25 mcg 35
Copper (as bisglycinate chelate)	1 mg 50
Manganese (as bisglycinate chelate)	1 mg 50
Chromium (as nicotinate glycinate chelate)	25 mcg 21
Molybdenum (as glycinate chelate)	75 mcg 100
Potassium (as potassium aspartate)	25 mg <1
Betaine HCl	25 mg *
Choline Bitartrate	25 mg *
Citrus Bioflavonoid Complex	25 mg *
Hesperidin	5 mg *
Inositol	25 mg *
PABA (para-aminobenzoic acid)	25 mg *
Rutin	25 mg *
Boron (as glycinate complex)††	1 mg *
Tropical Super Fruit Blend (from Acai, Acerola, Goji, Mangosteen and Pomegranate)	5 mg *

* Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid,

vegetable magnesium stearate, silica, vegetable glaze.

Contains: Soybeans

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

Also free of yeast, gluten, barley 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

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