


www.bluebonnetnutrition.com

12915 Dairy Ashford, Sugar Land, Texas 77478 USA



Dietary Supplement

60 Caplets



MAXI ONE[®]

iron-free

Single Daily Multiple

With B-Complex 75
Coenzymes & Super Fruits



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
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.

Bluebonnet's KOF-K Certification #K-0000700

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†Elemental
††Albion Advanced
Nutrition Amino Acid
Complex