



30 Vegetable Capsules



GLUTEN
FREE

With Organic Veggies
Dietary Supplement



LADIES' ONE™ WHOLE FOOD-BASED MULTIPLE



Bluebonnet®

Manufactured by
Bluebonnet Nutrition Corporation
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Sugar Land, TX 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	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	900 mcg 100	Manganese (as bisglycinate chelate)	2.3 mg 100
Vitamin C (as L-ascorbic acid)	90 mg 100	Chromium (as nicotinate glycinate chelate)	35 mcg 100
Vitamin D3 (as 800 IU cholecalciferol)	20 mcg 100	Molybdenum (as glycinate chelate)	45 mcg 100
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100	Potassium (as aspartate)	5 mg <1
Vitamin K (as menaquinone-7 [K2] from natto)	20 mcg 17	Choline (as bitartrate)	5 mg <1
Vitamin B1 (as cocarboxylase)	1.2 mg 100	PABA (para-aminobenzoic acid)	5 mg *
Vitamin B2 (as riboflavin 5' phosphate)	1.3 mg 100	Boron (as citrate, aspartate, glycinate)	1 mg *
Vitamin B3 (as niacinamide)	16 mg 100	Advanced Female Health Blend *	100 mg *
Vitamin B6 (as pyridoxal 5' phosphate)	1.7 mg 100	(from tart cherry fruit extract, pomegranate whole fruit extract, garcinia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract (as Cinnulin PF® - cinramomium burmannii), cranberry fruit extract, ashwagandha root extract, rose hips)	
Folate (as 800 mcg [6S]-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source))	400 mcg DFE 100	Organic Whole Food Vegetable Blend *	5 mg *
Vitamin B12 (as methylcobalamin)	2.4 mcg 100	(from organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccoli sprout, organic dulse)	
Biotin (as D-biotin)	30 mcg 100	Plant Source 5 mg *	
Pantothenic Acid (as pantothenic acid)	5 mg 100	Enzyme Blend	
Calcium (as malate, citrate)	50 mg 4	(supplying bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Iron (as bisglycinate chelate)	18 mg 100		
Iodine (as potassium iodide)	150 mcg 100		
Magnesium (as aspartate)	25 mg 6		
Zinc (as bisglycinate chelate)	11 mg 100		
Selenium (as glycinate complex)†	55 mcg 100		
Copper (as bisglycinate chelate)	0.9 mg 100		

*Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, stearic acid, vegetable magnesium stearate.

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

Also free of gluten and sugar.

Bluebonnet's KOF-K Certification #K-0000700

†Albion Advanced Nutrition Amino Acid Complex

Minerals are shown in their elemental value.

This product is not produced with genetic engineering methods or materials according to the requirements of the NSF Non-GMO True North Program. For more information visit www.nsforgmo.org

CAUTION: If you are on blood thinning medication, this product is not recommended.

♦ 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.

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.