



30 Vegetable Capsules



MEN'S
ONE[™]
WHOLE FOOD-BASED MULTIPLE



Bluebonnet[®]

With Organic Veggies
Dietary Supplement



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 D ₃ (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 [K ₂] from natto)	20 mcg 17	Choline (as bitartrate)	5 mg <1
Vitamin B ₁ (as cocarboxylase)	1.2 mg 100	PABA (para-aminobenzoic acid)	5 mg *
Vitamin B ₂ (as riboflavin 5' phosphate)	1.3 mg 100	Boron (as citrate, aspartate, glycinate)	1 mg *
Vitamin B ₃ (as niacinamide)	16 mg 100	Advanced Male Health Blend ♦	100 mg *
Vitamin B ₆ (as pyridoxal 5' phosphate)	1.7 mg 100	(from stinging nettle root extract, pomegranate whole fruit extract, American panax ginseng root extract, broccoli plant extract, ashwagandha root extract, pumpkin seed powder, rhodiola rosea root extract, saw palmetto berry extract, turmeric root extract)	
Folate (as 800 mcg [6S]-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source))	400 mcg DFE 100	Organic Whole Food Vegetable Blend	5 mg *
Vitamin B ₁₂ (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 Enzyme Blend	5 mg *
Pantothenic Acid (as pantothenic acid)	5 mg 100	(supplying bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Calcium (as malate, citrate)	50 mg 4		
Iodine (as potassium iodide)	150 mcg 100		
Magnesium (as aspartate)	25 mg 6		
Zinc (as bisglycinate chelate)	22 mg 200		
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

♦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.

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