



30 Vegetable Capsules



Organic Veggies
Dietary Supplement



MAXI
ONE[®] IRON FREE
WHOLE FOOD-BASED MULTIPLE



Bluebonnet[®]

**NEW &
IMPROVED**

Manufactured by
Bluebonnet Nutrition Corporation
12915 Dairy Ashford,
Sugar Land, TX 77478 USA

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
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 1500 IU vitamin A palmitate) (as 3000 IU beta-carotene)	900 mcg 100%	Copper (as bisglycinate chelate)	0.9 mg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Manganese (as bisglycinate chelate)	2.3 mg 100%
Vitamin D ₃ (as 2000 IU cholecalciferol)	50 mcg 250%	Chromium (as nicotinate glycinate chelate)	100 mcg 286%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Thiamin (as thiamin mononitrate)	20 mg 1667%	Choline (as bitartrate)	25 mg 5%
Riboflavin (as riboflavin, riboflavin 5' phosphate)	20 mg 1538%	Boron (as citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	20 mg 125%	Vitamin K (as menaquinone-7 [K ₂] from natto)	20 mcg *
Vitamin B ₆ (as pyridoxine HCl, pyridoxal 5' phosphate)	20 mg 1176%	Energy and Vitality Blend ♦ (ashwagandha root extract, bacopa whole plant extract, green tea leaf extract, holy basil leaf extract, pomegranate whole fruit extract, rhodiola rosea root extract, turmeric root extract)	
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source), folic acid)	400 mcg DFE 100%	Organic Whole Food Vegetable Blend *	25 mg
Vitamin B ₁₂ (as methylcobalamin)	25 mcg 1042%	(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)	50 mcg 167%	Plant Source Enzyme Blend *	10 mg
Pantothenic Acid (as pantothenic acid)	13 mg 260%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Calcium (as citrate)	25 mg 2%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	50 mg 12%		
Zinc (as bisglycinate chelate)	11 mg 100%		
Selenium (as glycinate complex) [†]	55 mcg 100%		

*Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

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

Also free of gluten and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

†Albion Advanced Nutrition Amino Acid Complex

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CAUTION: If you are on blood thinning medication, this product is not recommended. Keep out of reach of children.

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