



30 Vegetable Capsules



MEN'S ONE®

WHOLE FOOD-BASED MULTIPLE



Organic Veggies
Dietary Supplement



Bluebonnet®

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 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	900 mcg 100%	Chromium (as nicotinate glycinate chelate)	35 mcg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Vitamin D ₃ (as 800 IU cholecalciferol)	20 mcg 100%	Potassium (as aspartate)	5 mg <1%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Choline (as bitartrate)	5 mg <1%
Thiamin (as cocarboxylase)	1.2 mg 100%	PABA (para-aminobenzoic acid)	5 mg *
Riboflavin (as riboflavin 5' phosphate)	1.3 mg 100%	Boron (as citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	16 mg 100%	Vitamin K (as menaquinone-7 [K ₂] from natto)	20 mcg *
Vitamin B ₆ (as pyridoxal 5' phosphate)	1.7 mg 100%	Advanced Male Health Blend ♦	100 mg *
Folate (as 400 mcg L-methylfolate) [from [6S]-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source)]	667 mcg DFE 167%	(slinging 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)	
Vitamin B ₁₂ (as methylcobalamin)	2.4 mcg 100%	Organic Whole Food Vegetable Blend	5 mg *
Biotin (as D-biotin)	30 mcg 100%	(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)	
Pantothenic Acid (as pantothenic acid)	5 mg 100%	Plant Source Enzyme Blend	5 mg *
Calcium (as malate, citrate)	50 mg 4%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucosylase, lipase, protease)	
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%		
Manganese (as bisglycinate chelate)	2.3 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 Program. For more information visit www.nsfnon GMO.org

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