



◆ 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.

Daily Nutrition
for Vitality ◆



30 Vegetable Capsules



Dietary Supplement



LADIES'
ONE[®]
WHOLE FOOD-BASED MULTIPLE
40+



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 2000 IU cholecalciferol)	50 mcg 125%	Choline (as bitartrate)	5 mg <1%
Vitamin E (as 29.87 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Boron (as citrate, aspartate, glycinate)	3 mg *
Thiamin (as cocarboxylase)	1.8 mg 150%	Vitamin K (as menaquinone-7 [K ₂] from natto)	25 mcg *
Riboflavin (as riboflavin 5' phosphate)	2 mg 150%	Vitality Beauty Blend◆ [bacopa whole plant extract, beta-sitosterol, collagen peptides, CoQ10, damiana leaf extract, dong quai root extract, hyaluronic acid, L-glutathione (reduced), lion's mane mushroom mycelium powder, yellow maca root extract (gelatinized)]	50 mg *
Niacin (as niacinamide)	24 mg 150%	Organic Whole Food Vegetable Blend *	5 mg
Vitamin B ₆ (as pyridoxal 5' phosphate)	8.5 mg 500%	(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)	
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	400 mcg DFE 100%	Plant Source 5 mg *	
Vitamin B ₁₂ (as methylcobalamin)	25 mcg 1042%	Digestive Enzyme Blend	
Biotin (as D-biotin)	90 mcg 300%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Pantothenic Acid (as calcium D-pantothenate)	10 mg 200%		
Calcium (as malate, citrate)	50 mg 4%		
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%		
Copper (as bisglycinate chelate)	0.9 mg 100%		
Manganese (as bisglycinate chelate)	2.3 mg 100%		

*Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

Manufactured by
Bluebonnet Nutrition Corporation
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bluebonnetnutrition.com



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 nsfnongmo.org.

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.

Albion Advanced Nutrition Amino Acid Complex

Ladies' One[®] is a registered trademark of Bluebonnet Nutrition Corporation.

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