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◆ 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.



30 Vegetable Capsules



Daily Nutrition
for Vitality ◆

Dietary Supplement

MEN'S 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)	100 mg 111%	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)	20 mg 133%	Boron (as citrate, 3 mg aspartate, glycinate)	*
Thiamin (as cocarboxylase)	1.8 mg 150%	Vitamin K (as menaquinone-7 [K ₂] from natto)	*
Riboflavin (as riboflavin 5' phosphate)	2 mg 150%	Vitality Stamina Blend◆ [African pygeum bark extract, L-arginine (free form and alpha-ketoglutarate 2:1), beta-sitosterol, Boswellia gum resin extract, CoQ10, eurycoma longifolia (longjack) root extract, hyaluronic acid, saw palmetto berry extract, tribulus fruit extract, turmeric root extract]	50 mg *
Niacin (as niacinamide)	24 mg 150%	Organic Whole Food Vegetable Blend (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)	5 mg *
Vitamin B ₆ (as pyridoxal 5' phosphate)	8.5 mg 500%	Plant Source Digestive Enzyme Blend (bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	5 mg *
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	400 mcg DFE 100%		
Vitamin B ₁₂ (as methylcobalamin)	25 mcg 1042%		
Biotin (as D-biotin)	45 mcg 150%		
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)	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: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

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

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
Men's One® is a registered trademark of
Bluebonnet Nutrition Corporation.



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.

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