



◆ 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
with DHA &
Methylfolate

Dietary Supplement



WHOLE FOOD-BASED MULTIPLE
PRENATAL

LADIES' ONE



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 Gen Pop**	% Daily Value Preg/Lact**	Amount Per Serving	% Daily Value Gen Pop**	% Daily Value Preg/Lact**
Vitamins & Minerals					
Vitamin A 1300 mcg (as 4000 IU vitamin A palmitate) (as 670 IU beta-carotene)	144%	100%	Magnesium 25 mg (as aspartate)	6%	6%
Vitamin C 120 mg (as L-ascorbic acid)	133%	100%	Zinc 13 mg (as bisglycinate chelate)	118%	100%
Vitamin D3 15 mcg (as 600 IU cholecalciferol)	75%	100%	Selenium 70 mcg (as glycinate complex)	127%	100%
Vitamin E 19 mg (as 28.4 IU d-alpha tocopheryl succinate from sunflower)	127%	100%	Copper 1.3 mg (as bisglycinate chelate)	144%	100%
Thiamin 1.4 mg (as cocarboxylase)	117%	100%	Manganese 2.6 mg (as bisglycinate chelate)	113%	100%
Riboflavin 1.6 mg (as riboflavin 5' phosphate)	123%	100%	Chromium 45 mcg (as nicotinate glycinate chelate)	129%	100%
Niacin 18 mg (as niacinamide)	113%	100%	Molybdenum 50 mcg (as glycinate chelate)	111%	100%
Vitamin B6 2 mg (as pyridoxal 5' phosphate)	118%	100%	Choline 20 mg (as bitartrate)	4%	4%
Folate 600 mcg DFE 150% (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	150%	100%	Vitamin K 20 mcg (as menaquinone-7 [K2] from natto)	*	*
Vitamin B12 2.8 mcg (as methylcobalamin)	117%	100%	DHA 50 mg (docosahexaenoic acid from algal oil)	*	*
Biotin 35 mcg (as D-biotin)	117%	100%	Prenatal Herb Blend ◆ (cranberry fruit extract, ginger root extract, chamomile flower extract)	*	*
Pantothenic Acid 7 mg (as calcium D-pantothenate)	140%	100%	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)	*	*
Calcium 50 mg (as malate, citrate)	4%	4%			
Iron 27 mg (as bisglycinate chelate)	150%	100%			
Iodine 290 mcg (as potassium iodide)	193%	100%			

*Daily Value not established.

**General Population & Pregnant/Lactating Women

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, stearic acid, vegetable magnesium stearate.

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, soybeans and sesame. 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

Ladies' 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.