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60 Vegetable Capsules



Daily
Nutrition
with DHA &
Methylfolate

Dietary Supplement



Bluebonnet®

LADIES' ONE®

WHOLE FOOD-BASED MULTIPLE PRENATAL



♦ 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.

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 60

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

*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.