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30 Vegetable Capsules

Daily Nutrition
for Women •

Dietary Supplement



LADIES' ONE®
WHOLE FOOD-BASED MULTIPLE



Bluebonnet®



Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

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 ratio)	20 mcg *
Vitamin B ₆ (as pyridoxal 5' phosphate)	1.7 mg 100%	Advanced Female Health Blend • (tart cherry fruit extract, pomegranate whole fruit extract, gardenia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract (as cinnaomum burmanni), cranberry fruit extract, ashwagandha root extract, rose hips)	100 mg *
Folate (from (6S)-5-methyltetrahydrolic acid, glucosamine salt (vegetarian source))	667 mcg DFE 167%	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 ₁₂ (as methylcobalamin)	2.4 mcg 100%	Plant Source Digestive Enzyme Blend (bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	5 mg *
Biotin (as D-biotin)	30 mcg 100%		
Pantothenic Acid (as panthothenic acid)	5 mg 100%		
Calcium (as malate, citrate)	50 mg 4%		
Iron (as bisglycinate chelate)	18 mg 100%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	25 mg 6%		
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, stearic acid, vegetable magnesium stearate.

Free of: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten and sugar.

Bluebonnet's KOF-K Certification #K-0000700
Allison 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.ashfongme.org.

CAUTION: If you are on blood thinning medication, this product is not recommended.

• 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.

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.