



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

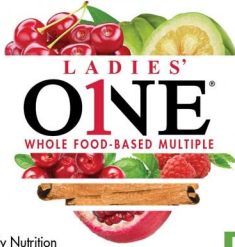


90 Vegetable Capsules



Daily Nutrition
for Women ♦

Dietary Supplement



Bluebonnet®

LADIES'

ONE®
WHOLE FOOD-BASED MULTIPLE

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 90

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 α -alpha tocopheryl succinate from sunflower)	15 mg 100%	Choline (as bitartrate)	5 mg <1%
Thiamin (as o-carcboxylase)	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 natto)	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, garcinia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract (as cinnamomum burmannii), cranberry fruit extract, ashwagandha root extract, rose hips)	100 mg *
Folate (from [6S]-5-methyltetrahydrofolic 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 broccolli 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 pantothenic 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
Albion 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.1stmgmo.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.