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**60 Vegetable Capsules**Daily Nutrition
for Men •

Dietary Supplement

**MEN'S
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 60

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 coenzyme)	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 Male Health Blend •	100 mg *
Folate (from [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	667 mcg DFE 167%	(stinging nettle root extract, pomegranate whole fruit extract, American/ panax ginseng root extract, broccoli plant extract, ashwagandha root extract, pumpkin seed powder, rhodiola rosea root extract, saw palmetto berry extract, turmeric root extract)	
Vitamin B ₁₂ (as methylcobalamin)	2.4 mcg 100%	Organic Whole Food Vegetable Blend	5 mg *
Biotin (as D-biotin)	30 mcg 100%	(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)	
Pantothenic Acid (as pantothenic acid)	5 mg 100%	Plant Source	5 mg *
Calcium (as malate, citrate)	50 mg 4%	Digestive Enzyme Blend	
Iodine (as potassium iodide)	150 mcg 100%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Magnesium (as aspartate)	25 mg 6%		
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,
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 require-
ments of the NSF Non-GMO
Program. For more information
visit www.nsfhangmo.org.

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