



0143D



Daily Nutrition
for Men ♦

90 Vegetable Capsules



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 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 d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Choline (as bitartrate)	5 mg <1%
Thiamin (as coenzyme B ₁)	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 ♦ (singing 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)	100 mg *
Folate (from [6S]-5-methyltetrahydrofolate, 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 pantothenic acid)	5 mg 100%		
Calcium (as malate, citrate)	50 mg 4%		
Iodine (as potassium iodide)	150 mcg 100%		
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.

♦ 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.

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.nsfingmo.org.

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