



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.

# Bluebonnet



## LADIES' ONE

WHOLE FOOD-BASED MULTIPLE

### 40+



Dietary Supplement



**30 Vegetable Capsules**

Daily Nutrition for Vitality

**Directions:** As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a health care 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
<b>Vitamins &amp; Minerals</b>			
Vitamin A (as 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	1050 mcg 117%	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 <sub>3</sub> (as 2000 IU cholecalciferol)	50 mcg 125%	Choline (as bitartrate)	5 mg <1%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Boron (as citrate, aspartate, glycinate)	3 mg *
Thiamin (as cocarboxylase)	1.8 mg 150%	Vitamin K (as menaquinone-7 (K <sub>7</sub> ) from natto)	25 mcg *
Riboflavin (as riboflavin 5' phosphate)	2 mg 150%	<b>Vitality Beauty Blend*</b> Rosacea whole plant extract, beta-sitosterol, collagen peptides, CoQ10, damiana leaf extract, dong quai root extract, hyaluronic acid, L-glutathione (reduced), lion's mane mushroom mycelium powder, yellow maca root extract (patentized)	50 mg *
Niacin (as niacinamide)	24 mg 150%	<b>Organic Whole Food Vegetable Blend*</b> (organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccolli, organic dandelion leaf, organic broccolli sprout, organic dulse)	5 mg *
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate)	8.5 mg 500%	<b>Plant Source</b>	5 mg *
Folate (as [6S]-5-methyltetrahydrofolate acid, glucosamine salt (vegetarian source))	400 mcg DFE 100%	<b>Digestive Enzyme Blend</b> (bromelain (from pineapple 2000 GDU/gram), papain (from papaya), amylase, cellulase, glucoamylase, lipase, protease)	5 mg *
Vitamin B12 (as methylcobalamin)	25 mcg 1042%		
Biotin (as D-biotin)	90 mcg 300%		
Pantothenic Acid (as calcium D-pantothenate)	10 mg 200%		
Calcium (as malate, citrate)	50 mg 4%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	50 mg 12%		
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 (hydroxypropylcellulose, purified water), vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

Manufactured by  
Bluebonnet Nutrition Corporation  
12915 Dairy Ashford  
Sugar Land, TX 77478 USA  
[bluebonnetnutrition.com](http://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.

Albion Advanced Nutrition Amino Acid Complex

Ladies' One is a registered trademark of

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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 [nongmo.org](http://nongmo.org).

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