



*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.



60 Vegetable Capsules

Daily Nutrition
for Vitality •

Dietary Supplement

MEN'S
ONE[®]
WHOLE FOOD-BASED MULTIPLE
40+



Bluebonnet[®]



Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

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)	100%	Chromium (as nicotinate glycinate chelate)	100%
Vitamin C (as L-ascorbic acid)	100 mg 111%	Molybdenum (as glycinate chelate)	100%
Vitamin D ₃ (as 2000 IU cholecalciferol)	50 mcg 125%	Choline (as bitartrate)	<1%
Vitamin E (as 29.37 IU d-alpha tocopheryl succinate from sunflower)	20 mg 133%	Boron (as citrate, aspartate, glycinate)	3 mg *
Thiamin (as cocarboxylase)	1.8 mg 150%	Vitamin K (as menaquinone-7 [K ₇] from natto)	25 mcg *
Riboflavin (as riboflavin 5' phosphate)	2 mg 150%	Vitality Stamina Blend*	50 mg *
Niacin (as niacinamide)	24 mg 150%	(African pygmy bark extract, L-arginine (free form and alpha- ketoglutarate 2:1), beta-sitosterol, Boswellia gum resin extract, CoQ10, eurycoma longifolia (longjack) root extract, hyaluronic acid, saw palmetto berry extract, tribulus fruit extract, turmeric root extract)	
Vitamin B ₆ (as pyridoxal 5' phosphate)	8.5 mg 500%	Organic Whole Food Vegetable Blend	5 mg *
Folate (as (RS)-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source))	400 mcg DFE 100%	(organic barley grass, organic cabbage, organic parsley, organic chloralla, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccoli sprout, organic dulse)	
Vitamin B ₁₂ (as methylcobalamin)	25 mcg 1042%	Plant Source Digestive Enzyme Blend	5 mg *
Biotin (as D-biotin)	45 mcg 150%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
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)	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, vegetable magnesium stearate, silicon dioxide.

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

Free of milk, egg, fish, crustacean shellfish,
tree nuts, peanuts, wheat and soybeans.
Also free of gluten and sugar.

Minerals are shown in their elemental value.
Bluebonnet's KOF-K Certification #K-0000700
Albion Advanced Nutrition Amino Acid Complex
Men's One[®] is a registered trademark of
Bluebonnet Nutrition Corporation.



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 nfan.org.

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