



•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.

Daily Nutrition
for Vitality •

Dietary Supplement

 **60 Vegetable Capsules** 



LADIES' 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. 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)	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 ₃ (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 ₂] from natto)	25 mcg *
Riboflavin (as riboflavin 5' phosphate)	2 mg 150%	Vitality Beauty Blend+ [acacia 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 maica root extract (gelatinized)]	50 mg *
Niacin (as niacinamide)	24 mg 150%	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 ₆ (as pyridoxal 5' phosphate)	8.5 mg 500%	Plant Source 5 mg	
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source))	400 mcg DFE 100%	Digestive Enzyme Blend (bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	5 mg
Vitamin B ₁₂ (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 (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, silicon dioxide.

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

Allison Advanced Nutrition Amino Acid Complex
Ladies' 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
nsf.org/nmo.org.

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