



* 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.



30 Vegetable Capsules

Organic Veggies
Dietary Supplement



MAXI
ONE[®] IRON FREE
WHOLE FOOD-BASED MULTIPLE



NEW &
IMPROVED

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 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 1500 IU vitamin A palmitate) (as 3000 IU beta-carotene)	1350 mcg 150%	Copper (as bisglycinate chelate)	0.9 mg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Manganese (as bisglycinate chelate)	2.3 mg 100%
Vitamin D (as cholecalciferol)	50 mcg (2000 IU) 250%	Chromium (as nicotinate glycinate chelate)	100 mcg 2885%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Thiamin (as thiamin mononitrate)	20 mg 1667%	Choline (as bitartrate)	25 mg 5%
Riboflavin (as vitamin B ₂ , riboflavin 5' phosphate)	20 mg 1538%	Boron (citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	20 mg 125%	Vitamin K (menaquinone-7 [K ₂] from natto)	20 mcg *
Vitamin B ₆ (as pyridoxine HCl, pyridoxal 5' phosphate)	20 mg 1176%	Energy and Vitality Blend +	35 mg *
Folate (as [6S]-5-methyltetrahydrofolate, acid, glucosamine salt [vegetarian source], folic acid)	400 mcg DFE 100%	Organic Whole Food Vegetable Blend	25 mg *
Vitamin B ₁₂ (as methylcobalamin)	25 mcg 1042%	(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)	
Biotin (as D-biotin)	50 mcg 167%	Plant Source	10 mg *
Pantothenic Acid (as pantothenic acid)	13 mg 260%	Enzyme Blend	
Calcium (as citrate)	25 mg 2%	(bronzeleaf jicamaapple 2000 GDU/gram) papain (papaya), amylase, cellulase, glucanase, lipase, protease)	
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%		

*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.

Bluebonnet's KOF-K Certification #K-0000700

MaxiONE[®] is a registered trademark
of Bluebonnet Nutrition Corporation.

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

This product is not produced with
genetic engineering methods or mate-
rials according to the requirements
of the NSF Non-GMO Certification
Program. For more information visit
www.ednongmo.org