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♦ 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**



Daily Nutrition  
for Vitality ♦

Dietary Supplement

WHOLE FOOD-BASED MULTIPLE

**40+**

**MEN'S  
ONE®**

**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<br>Per Serving                                                                     | % Daily<br>Value | Amount<br>Per Serving                                                                                                                                                                                                                                                                                 | % Daily<br>Value |
|-------------------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>Vitamins &amp; Minerals</b>                                                            |                  |                                                                                                                                                                                                                                                                                                       |                  |
| Vitamin A<br>(as 2500 IU vitamin A palmitate)<br>(as 1000 IU beta-carotene)               | 1050 mcg 117%    | Chromium<br>(as nicotinate glycinate chelate)                                                                                                                                                                                                                                                         | 35 mcg 100%      |
| Vitamin C (as L-ascorbic acid)                                                            | 100 mg 111%      | Molybdenum<br>(as glycinate chelate)                                                                                                                                                                                                                                                                  | 45 mcg 100%      |
| Vitamin D <sub>3</sub><br>(as 2000 IU cholecalciferol)                                    | 50 mcg 125%      | Choline<br>(as bitartrate)                                                                                                                                                                                                                                                                            | 5 mg <1%         |
| Vitamin E (as 29.87 IU d-alpha<br>tocopheryl succinate from sunflower)                    | 20 mg 133%       | Boron (as citrate, 3 mg<br>aspartate, glycinate)                                                                                                                                                                                                                                                      | *                |
| Thiamin (as cocarboxylase)                                                                | 1.8 mg 150%      | Vitamin K 25 mcg<br>(as menaquinone-7 [K <sub>2</sub> ] from natto)                                                                                                                                                                                                                                   | *                |
| Riboflavin<br>(as riboflavin 5' phosphate)                                                | 2 mg 150%        | <b>Vitality<br/>Stamina Blend</b> ♦                                                                                                                                                                                                                                                                   | 50 mg *          |
| Niacin (as niacinamide)                                                                   | 24 mg 150%       | [African pygeum bark extract,<br>L-arginine (free form and alpha-<br>ketoglutarate 2:1), beta-sitosterol,<br>Boswellia gum resin extract, CoQ10,<br>eurycoma longifolia (longjack) root<br>extract, hyaluronic acid, saw<br>palmetto berry extract, tribulus fruit<br>extract, turmeric root extract] |                  |
| Vitamin B <sub>6</sub><br>(as pyridoxal 5' phosphate)                                     | 8.5 mg 500%      | <b>Organic Whole<br/>Food Vegetable Blend</b>                                                                                                                                                                                                                                                         | 5 mg *           |
| Folate<br>(as [6S]-5-methyltetrahydrofolic<br>acid, glucosamine salt [vegetarian source]) | 400 mcg DFE 100% | (organic barley grass, organic<br>cabbage, organic parsley,<br>organic chlorella, organic spirulina,<br>organic sea kelp, organic kale,<br>organic broccoli, organic dandelion<br>leaf, organic broccoli sprout,<br>organic dulse)                                                                    |                  |
| Vitamin B <sub>12</sub><br>(as methylcobalamin)                                           | 25 mcg 1042%     | <b>Plant Source</b>                                                                                                                                                                                                                                                                                   | 5 mg             |
| Biotin (as D-biotin)                                                                      | 45 mcg 150%      | <b>Digestive Enzyme Blend</b>                                                                                                                                                                                                                                                                         |                  |
| Pantothenic Acid<br>(as calcium D-pantothenate)                                           | 10 mg 200%       | (bromelain [from pineapple<br>2000 GDU/gram], papain<br>[from papaya], amylase, cellulase,<br>glucoamylase, lipase, protease)                                                                                                                                                                         |                  |
| 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<br>(as glycinate complex)                                                        | 55 mcg 100%      |                                                                                                                                                                                                                                                                                                       |                  |
| Copper (as bisglycinate chelate)                                                          | 0.9 mg 100%      |                                                                                                                                                                                                                                                                                                       |                  |
| Manganese<br>(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**  
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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.

Bluebonnet's KOF-K Certification #K-0000700

Albion Advanced Nutrition Amino Acid Complex

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

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