



60 Vegetable Capsules

Daily Nutrition
for Women •

Dietary Supplement



LADIES'
ONE
WHOLE FOOD-BASED MULTIPLE



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 (as cholecalciferol)	20 mcg (800 IU) 100%	Potassium (as aspartate)	5 mg <1%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Choline (as bitartrate)	5 mg <1%
Thiamin (as cocarboxylase)	1.2 mg 100%	PABA (para-aminobenzoic acid)	5 mg *
Riboflavin (as riboflavin 5' phosphate)	1.3 mg 100%	Boron (citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	16 mg 100%	Vitamin K	20 mcg *
Vitamin B6 (as pyridoxal 5' phosphate)	1.7 mg 100%	Advanced Female Health Blend • (tart cherry fruit extract, pomegranate whole fruit extract, garlic cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract (cinnamomum burmaril), cranberry fruit extract, ashwagandha root extract, rose hips)	100 mg *
Folate (from (6S)-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source))	667 mcg DFE 167%	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-12 (as methylcobalamin)	2.4 mcg 100%	Plant Source Digestive Enzyme Blend (bromelain (pineapple 2000 GDU/gram), papain (papaya), amylase, cellulase, glucoamylase, lipase, protease)	5 mg *
Biotin (as D-biotin)	30 mcg 100%		
Pantothenic Acid (as pantothenic acid)	5 mg 100%		
Calcium (as malate, citrate)	50 mg 4%		
Iron (as bisglycinate chelate)	18 mg 100%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	25 mg 6%		
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.
Bluebonnet's KOF-K Certification #K-0000700
Allison Advanced Nutrition Amino Acid Complex

CAUTION: If you are on blood-thinning medication, this
product is not recommended.



This product is not produced with genetic
engineering methods or materials according
to the requirements of the NSF Non-GMO
Program. For more information visit
www.nsf.org/nsgp

WARNING: Accidental overdose
of iron-containing products is a
leading cause of fatal poisoning
in children under 6. Keep this
product out of reach of children.
In case of accidental overdose,
call a doctor or poison control
center immediately.

• 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.