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60 Vegetable Capsules



Daily Nutrition
for Women ♦

Dietary Supplement



LADIES'
ONE
WHOLE FOOD-BASED MULTIPLE



Bluebonnet

♦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.

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%	Manganese (as bisglycinate chelate)	2.3 mg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Chromium (as nicotinate glycinate chelate)	35 mcg 100%
Vitamin D (as cholecalciferol)	20 mcg (800 IU) 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Potassium (as aspartate)	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 (menaquinone-7 [K ₂] from natto)	20 mcg *
Vitamin B6 (as pyridoxal 5' phosphate)	1.7 mg 100%	Advanced Female Health Blend * (tart cherry fruit extract, pomegranate whole fruit extract, garcinia cambogia fruit rind extract, red raspberry leaf extract, cinnamon bark extract [cinnamomum burmannii], 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 B12 (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%		
Choline (as bitartrate)	5 mg <1%		
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%		

*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

Albion Advanced Nutrition Amino Acid Complex

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

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.

This product does not contain common GE genes or proteins. Visit igenprogram.com

