



◆ 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

40+

WHOLE FOOD-BASED MULTIPLE

LADIES'
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 Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 2500 IU vitamin A palmitate and 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)	50 mcg (2000 IU) 250%	Molybdenum (as glycinate chelate)	45 mcg 100%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Boron (citrate, aspartate, glycinate)	3 mg *
Thiamin (as cocarboxylase)	1.8 mg 150%	Vitamin K (menaquinone-7 [K ₂] from natto)	25 mcg *
Riboflavin (as riboflavin 5' phosphate)	2 mg 150%	Vitality Beauty Blend ◆	50 mg *
Niacin (as niacinamide)	24 mg 150%	[bacopa whole plant extract, beta-sitosterol, horsetail powder, CoQ10, damiana leaf extract, dong quai root extract, hyaluronic acid, L-glutathione (reduced), lion's mane mushroom mycelium powder, yellow maca root extract (gelatinized)]	
Vitamin B6 (as pyridoxal 5' phosphate)	8.5 mg 500%	Organic Whole Food Vegetable Blend *	5 mg *
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	400 mcg DFE 100%	(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)	
Vitamin B12 (as methylcobalamin)	25 mcg 1042%	Plant Source 5 mg *	
Biotin (as D-biotin)	90 mcg 300%	Digestive Enzyme Blend	
Pantothenic Acid (as calcium D-pantothenate)	10 mg 200%	(bromelain [pineapple 2000 GDU/gram], papain [papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Choline (as bitartrate)	5 mg <1%		
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%		

*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

Ladies' One[®] 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 does not contain common GE genes or proteins. Visit igenprogram.com

