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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.



60 Vegetable Capsules

Daily Nutrition with Methylfolate

Dietary Supplement

PRENATAL

WHOLE FOOD-BASED

LADIES' ONE



Bluebonnet

NEW FORMULA

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 Gen Pop**	% Daily Value Preg/Lact**
Vitamins & Minerals		
Vitamin A 1300 mcg (as 4000 IU vitamin A palmitate and 670 IU beta-carotene)	144%	100%
Vitamin C 120 mg (as L-ascorbic acid)	133%	100%
Vitamin D 15 mcg (600 IU) (as cholecalciferol)	75%	100%
Vitamin E 19 mg (as 28.4 IU d-alpha tocopheryl succinate from sunflower)	127%	100%
Thiamin 1.4 mg (as cocarboxylase)	117%	100%
Riboflavin 1.6 mg (as riboflavin 5' phosphate)	123%	100%
Niacin 18 mg (as niacinamide)	113%	100%
Vitamin B6 2 mg (as pyridoxal 5' phosphate)	118%	100%
Folate 600 mcg DFE (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	150%	100%
Vitamin B12 2.8 mcg (as methylcobalamin)	117%	100%
Biotin 35 mcg (as D-biotin)	117%	100%
Pantothenic Acid 7 mg (as calcium D-pantothenate)	140%	100%
Choline 20 mg (as bitartrate)	4%	4%
Calcium 50 mg (as malate, citrate)	4%	4%
Amount Per Serving	% Daily Value Gen Pop**	% Daily Value Preg/Lact**
Iron 27 mg (as bisglycinate chelate)	150%	100%
Iodine 290 mcg (as potassium iodide)	193%	100%
Magnesium 50 mg (as aspartate)	12%	13%
Zinc 13 mg (as bisglycinate chelate)	118%	100%
Selenium 70 mcg (as glycinate complex)	127%	100%
Copper 1.3 mg (as bisglycinate chelate)	144%	100%
Manganese 2.6 mg (as bisglycinate chelate)	113%	100%
Chromium 45 mcg (as nicotinate glycinate chelate)	129%	100%
Molybdenum 50 mcg (as glycinate chelate)	111%	100%
Vitamin K 20 mcg (menaquinone-7 [K2] from natto)	*	*
Prenatal 5 mg	*	*
Herb Blend ♦ (cranberry fruit extract, ginger root extract, chamomile flower extract)	*	*
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)	*	*

*Daily Value not established.

**General Population & Pregnant/Lactating Women

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate, stearic acid.

Manufactured by Bluebonnet Nutrition Corporation

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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

Ladies' One® is a registered trademark of Bluebonnet Nutrition Corporation.

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

