



◆ 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.



90 Vegetable Capsules

Organic Veggies Dietary Supplement



MAXI 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 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamins & Minerals			
Vitamin A (as 3000 IU beta-carotene and 1500 IU vitamin A palmitate)	1350 mcg 150%	Selenium (as glycinate complex)	55 mcg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Copper (as bisglycinate chelate)	0.9 mg 100%
Vitamin D (as cholecalciferol)	50 mcg 250%	Manganese (as bisglycinate chelate)	2.3 mg 100%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	Chromium (as nicotinate glycinate chelate)	100 mcg 286%
Thiamin (as thiamin mononitrate)	20 mg 1667%	Molybdenum (as glycinate chelate)	45 mcg 100%
Riboflavin (as vitamin B2, riboflavin 5' phosphate)	20 mg 1538%	Boron (as citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	20 mg 125%	Vitamin K (as menaquinone-7 [K2] from natto)	20 mcg *
Vitamin B6 (as pyridoxine HCl, pyridoxal 5' phosphate)	20 mg 1176%	Energy and Vitality Blend ♦ 35 mg *	
Folate (as [6S]-5-methyltetrahydrofolic, acid glucosamine salt [vegetarian source], folic acid)	400 mcg DFE 100%	(ashwagandha root extract, bacopa whole plant extract, green tea leaf extract, holy basil leaf extract, pomegranate whole fruit extract, rhodiola rosea root extract, turmeric root extract)	
Vitamin B12 (as methylcobalamin)	25 mcg 1042%	Organic Whole Food Vegetable Blend	25 mg *
Biotin (as D-biotin)	50 mcg 167%	(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)	
Pantothenic Acid (as pantothenic acid)	13 mg 260%	Plant Source Enzyme Blend 10 mg *	
Choline (as bitartrate)	25 mg 5%	(bromelain [from pineapple 2000 GDU/gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Calcium (as citrate)	25 mg 2%		
Iron (as bisglycinate chelate)	10 mg 56%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	50 mg 12%		
Zinc (as bisglycinate chelate)	11 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

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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.

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