



30 Vegetable Capsules



Organic Veggies
Dietary Supplement



MAXI
ONE[®] IRON FREE
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 30

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 (2000 IU) 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 (citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	20 mg 125%	Vitamin K (menaquinone-7 [K2] from natto)	20 mcg *
Vitamin B6 (as pyridoxine HCl, pyridoxal 5' phosphate)	20 mg 1176%	Energy and Vitality Blend ◆ (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)	
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source], folic acid)	400 mcg DFE 100%	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)	25 mg *
Vitamin B12 (as methylcobalamin)	25 mcg 1042%	Plant Source Enzyme Blend (bromelain [pineapple 2000 GDU/gram], papain [papaya], amylase, cellulase, glucoamylase, lipase, protease)	10 mg *
Biotin (as D-biotin)	50 mcg 167%		
Pantothenic Acid (as pantothenic acid)	13 mg 260%		
Choline (as bitartrate)	25 mg 5%		
Calcium (as citrate)	25 mg 2%		
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

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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

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

This product does not contain common GE genes or proteins.
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