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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

**Organic Veggies
Dietary Supplement**



**MAXI
ONE[®]** **IRON
FREE**
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 60

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 B ₂ , riboflavin 5' phosphate)	20 mg 1538%	Boron (citrate, aspartate, glycinate)	1 mg *
Niacin (as niacinamide)	20 mg 125%	Vitamin K (menaquinone-7 [K ₂] from natto)	20 mcg *
Vitamin B ₆ (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 B ₁₂ (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 [pineapple 2000 GDU/gram], papain [papaya], amylase, cellulase, glucoamylase, lipase, protease)	
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
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.

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

