



0139E

**30 Vegetable Capsules**Daily Nutrition  
for Men ♦**Dietary Supplement****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 |
|---------------------------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Vitamins &amp; Minerals</b>                                                              |                      |                                                                                                                                                                                                                                                                                                                          |               |
| Vitamin A<br>(as 2500 IU vitamin A palmitate)<br>(as 1000 IU beta-carotene)                 | 1050 mcg 117%        | Manganese<br>(as bisglycinate chelate)                                                                                                                                                                                                                                                                                   | 2.3 mg 100%   |
| Vitamin C<br>(as L-ascorbic acid)                                                           | 90 mg 100%           | Chromium<br>(as nicotinate glycinate chelate)                                                                                                                                                                                                                                                                            | 35 mcg 100%   |
| Vitamin D<br>(as cholecalciferol)                                                           | 20 mcg (800 IU) 100% | Molybdenum<br>(as glycinate chelate)                                                                                                                                                                                                                                                                                     | 45 mcg 100%   |
| Vitamin E<br>(as 22.4 IU d-alpha tocopheryl succinate from sunflower)                       | 15 mg 100%           | Potassium<br>(as aspartate)                                                                                                                                                                                                                                                                                              | 5 mg <1%      |
| Thiamin (as cocarboxylase)                                                                  | 1.2 mg 100%          | PABA<br>(para-aminobenzoic acid)                                                                                                                                                                                                                                                                                         | 5 mg *        |
| Riboflavin<br>(as riboflavin 5' phosphate)                                                  | 1.3 mg 100%          | Boron (citrate,<br>aspartate, glycinate)                                                                                                                                                                                                                                                                                 | 1 mg *        |
| Niacin (as niacinamide)                                                                     | 16 mg 100%           | Vitamin K<br>(menaquinone-7 [K <sub>2</sub> ] from natto)                                                                                                                                                                                                                                                                | 20 mcg *      |
| Vitamin B <sub>6</sub><br>(as pyridoxal 5' phosphate)                                       | 1.7 mg 100%          | <b>Advanced Male Health Blend ♦</b><br>(stinging nettle root extract,<br>pomegranate whole fruit extract,<br>American/ panax ginseng root<br>extract, broccoli plant extract,<br>ashwagandha root extract, pumpkin<br>seed powder, rhodiola rosea root<br>extract, saw palmetto berry extract,<br>turmeric root extract) | 100 mg *      |
| Folate<br>(from [6S]-5-methyltetrahydrofolic acid,<br>glucosamine salt [vegetarian source]) | 667 mcg DFE 167%     | <b>Organic Whole Food Vegetable Blend</b><br>(organic barley grass, organic<br>cabbage, organic parsley, organic<br>chlorella, organic spirulina,<br>organic sea kelp, organic kale,<br>organic broccoli, organic dandelion<br>leaf, organic broccoli sprout,<br>organic dulse)                                          | 5 mg *        |
| Vitamin B <sub>12</sub><br>(as methylcobalamin)                                             | 2.4 mcg 100%         | <b>Plant Source Digestive Enzyme Blend</b><br>(bromelain [pineapple 2000 GDU/<br>gram], papain [papaya], amylase,<br>cellulase, glucoamylase,<br>lipase, protease)                                                                                                                                                       | 5 mg *        |
| Biotin (as D-biotin)                                                                        | 30 mcg 100%          |                                                                                                                                                                                                                                                                                                                          |               |
| Pantothenic Acid<br>(as pantothenic acid)                                                   | 5 mg 100%            |                                                                                                                                                                                                                                                                                                                          |               |
| Choline (as bitartrate)                                                                     | 5 mg <1%             |                                                                                                                                                                                                                                                                                                                          |               |
| Calcium (as malate, citrate)                                                                | 50 mg 4%             |                                                                                                                                                                                                                                                                                                                          |               |
| Iodine (as potassium iodide)                                                                | 150 mcg 100%         |                                                                                                                                                                                                                                                                                                                          |               |
| Magnesium (as aspartate)                                                                    | 25 mg 6%             |                                                                                                                                                                                                                                                                                                                          |               |
| Zinc (as bisglycinate chelate)                                                              | 22 mg 200%           |                                                                                                                                                                                                                                                                                                                          |               |
| Selenium<br>(as glycinate complex)                                                          | 55 mcg 100%          |                                                                                                                                                                                                                                                                                                                          |               |
| Copper<br>(as bisglycinate chelate)                                                         | 0.9 mg 100%          |                                                                                                                                                                                                                                                                                                                          |               |

\*Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, silicon dioxide, vegetable magnesium stearate.

Manufactured by

Bluebonnet Nutrition Corporation

12915 Dairy Ashford

Sugar Land, TX 77478 USA

[bluebonnetnutrition.com](http://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



**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](http://igenprogram.com)

