

**Bluebonnet's Magnesium Aspartate Vegetable Capsules** are formulated with magnesium from a chelate of magnesium aspartate to help calm the mind and body, reduce stress, induce restful sleep, increase bone density, and support immune and heart health. ♦

MAY SUPPORT



Stress Relief



Bone Health



Heart Health

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of corn, gluten, barley, sodium and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



♦ 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.



**Bluebonnet**



# Magnesium Aspartate

Stress, Bone & Heart Health ♦



Dietary Supplement **100** Vegetable Capsules

**Directions:** As a dietary supplement, take two capsules once daily or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

Amount Per Serving		% Daily Value
Magnesium (as magnesium aspartate)	400 mg	95%

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

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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