

Bluebonnet's Magnesium & Calcium 2:1 Ratio Vegetable Capsules are formulated with a 2:1 ratio of magnesium from fully reacted magnesium aspartate, and calcium in a chelate of calcium citrate and malate to support strong, healthy bones. ♦



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 & Calcium 2:1 Ratio

Bone Health ♦

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

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 60

Amount Per Serving		% Daily Value
Magnesium (as magnesium aspartate)	400 mg	95%
Calcium (as citrate, malate)	200 mg	15%

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

Manufactured by
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Dietary Supplement **180** Vegetable Capsules