

Directions: As a dietary supplement, take one capsule daily or as directed by a healthcare practitioner.

Bluebonnet's Buffered Chelated Magnesium Capsules contain magnesium bisglycinate chelate buffered with magnesium oxide to increase the pH (alkalinity) of the formula, making it more gentle on the digestive tract and easier to absorb. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

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Manufactured by
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Bluebonnet[®] Buffered Chelated Magnesium

Chelated Magnesium Bisglycinate
Buffered with Magnesium Oxide
Dietary Supplement



120 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	200 mg	48
(as magnesium bisglycinate chelate, magnesium oxide)		

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate, vegetable cellulose.

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

Also free of yeast, gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700