

Directions: As a dietary supplement, take two capsules once daily or as directed by a healthcare practitioner.

Bluebonnet's Chelated Magnesium Bisglycinate Capsules contain 200 mg per serving of elemental magnesium from fully reacted magnesium bisglycinate, an amino acid chelate mineral from Albion. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

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Bluebonnet

Chelated Magnesium

Chelated Magnesium Bisglycinate
Dietary Supplement



120 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules

Serving Per Container 60

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

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate.

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

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

Minerals are shown in their elemental value.
Bluebonnet's KOF-K Certification #K-0000700