

Directions: As a dietary supplement, take one tablespoon (15 mL) daily or as directed by a healthcare practitioner. Can also be used as a good source of calcium and magnesium in baked goods.

Bluebonnet's Liquid Calcium Magnesium Citrate Plus Vitamin D₃ contains calcium in a chelate of calcium citrate, as well as magnesium in a chelate of magnesium citrate and magnesium aspartate in a naturally delicious orange flavor. Plus, this formula contains vitamin D₃ (cholecalciferol) from natural lanolin. Available in an easy-to-swallow liquid form for maximum assimilation and absorption.

Shake well before serving.
Refrigerate after opening.

Manufactured for
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KOF-K certification #0003138



Bluebonnet

LIQUID

Calcium Magnesium Citrate Plus Vitamin D₃

Dietary Supplement



Natural Orange Flavor



16 FL OZ (472 mL)



Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container 32

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1.5 g	<1**
Sugars (as fructose)	1.5 g	
Includes 1.5 g added sugars		3**
Vitamin D ₃ (as 400 IU cholecalciferol)	10 mcg	50
Calcium (as citrate)	600 mg	46
Magnesium (as citrate, aspartate)	300 mg	71

**Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Filtered water, fructose, citric acid, natural orange flavor, xanthan gum, sea vegetable extract.

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

Also free of yeast, gluten, barley, rice and sodium.

Minerals are shown in their elemental value.