

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

Bluebonnet's Calcium Magnesium Plus Zinc Caplets are specially formulated with a combination of calcium, magnesium, zinc, copper and boron. Plus, L-glutamic acid and horsetail powder. Available in easy-to-swallow caplets for maximum assimilation and absorption.

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

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

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by

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Bluebonnet®



Calcium Magnesium Plus Zinc

Plus Glutamic Acid, Copper & Boron
Dietary Supplement
90 Caplets



Supplement Facts

Serving Size 3 Caplets

Servings Per Container 30

Amount Per Serving		% Daily Value
Calcium (as citrate, carbonate)	1000 mg	100
Magnesium (as aspartate, oxide)	400 mg	100
Zinc (as picolinate)	15 mg	100
Copper (as gluconate)	1 mg	50
L-Glutamic Acid	100 mg	*
Horsetail Powder	20 mg	*
Boron (as citrate, aspartate, glycinate)	100 mcg	*

*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, silica, vegetable glaze.

Minerals are shown in their elemental value.