

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

Bluebonnet's Calcium Magnesium Zinc Softgels are specially formulated with a high potency combination of calcium, magnesium, zinc, plus pure vitamin D₃ (cholecalciferol) from lanolin. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Contains: Soybeans

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

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

Manufactured for
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Bluebonnet®



Calcium Magnesium Zinc Softgels

Plus Pure Vitamin D₃
Dietary Supplement
60 Softgels



Supplement Facts

Serving Size 3 Softgels

Servings Per Container 20

Amount Per Serving		% Daily Value
Vitamin D ₃ (as 400 IU cholecalciferol)	10 mcg	50
Calcium (as calcium carbonate)	1000 mg	77
Magnesium (as magnesium oxide)	500 mg	119
Zinc (as zinc picolinate)	15 mg	136

Daily Value based on a 2,000 calorie diet.

Other ingredients: Gelatin, glycerin, purified water, lecithin, soybean oil, silica.

Minerals are shown in their elemental value.