

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

Bluebonnet's Calcium Magnesium Potassium Caplets contain calcium in a chelate of calcium citrate, plus fully reacted magnesium and potassium aspartate. Available in easy-to-swallow caplets for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by
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Bluebonnet®



Calcium Magnesium Potassium

High Potency Calcium Citrate
Dietary Supplement

180 Caplets



Supplement Facts

Serving Size 4 Caplets
Servings Per Container 45

Amount Per Serving		% Daily Value
Calcium (as calcium citrate)	1000 mg	100
Magnesium (as magnesium aspartate)	400 mg	100
Potassium (as potassium aspartate)	99 mg	3

Daily Value based on a 2,000 calorie diet.

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

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

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

Minerals are shown in their elemental value.