

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

Bluebonnet's Calcium Plus Magnesium Capsules contain calcium in a chelate of calcium citrate and malate, plus magnesium from fully reacted magnesium aspartate. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by
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Bluebonnet®



Calcium Plus Magnesium

Easily Digested Citrate/Malate Forms
Dietary Supplement



180 Vegetable Capsules



Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium (as citrate, malate)	500 mg	38
Magnesium (as magnesium aspartate)	200 mg	48

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

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

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

Minerals are shown in their elemental value.