

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

Bluebonnet's Calcium Citrate Magnesium Plus Vitamin D₃ Caplets contain calcium in a chelate of calcium citrate and magnesium in a chelate of magnesium aspartate. Plus, pure vitamin D₃ (cholecalciferol) from lanolin. Available in easy-to-swallow caplets for maximum assimilation and absorption.

Manufactured by
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Bluebonnet



Calcium Citrate Magnesium Vitamin D₃

High Potency Calcium Citrate
Dietary Supplement
90 Caplets



Supplement Facts

Serving Size 4 Caplets

Servings Per Container 22.5

Amount Per Serving		% Daily Value
Vitamin D ₃ (as 800 IU cholecalciferol)	20 mcg	100
Calcium (as calcium citrate)	1000 mg	77
Magnesium (as magnesium aspartate)	400 mg	95

Daily Value based on a 2,000 calorie diet.

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

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

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

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700