

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

Bluebonnet's Calcium Citrate Plus Magnesium Caplets contain calcium in a chelate of calcium citrate, plus magnesium from reacted magnesium 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 Citrate Plus Magnesium

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

Daily Value based on a 2,000 calorie diet.

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

