

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

Bluebonnet's Calcium Magnesium 1:1 Capsules contain a 1:1 ratio of 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 Magnesium 1:1 Ratio



Dietary Supplement
90 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving		% Daily Value
Calcium (as citrate, malate)	250 mg	25
Magnesium (as magnesium aspartate)	250 mg	63

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, 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.