

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

Bluebonnet's Magnesium Plus Calcium 2:1 Ratio Capsules contain a 2:1 ratio of magnesium from fully reacted magnesium aspartate, plus calcium in a chelate of calcium citrate and malate. Available in easy- to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

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Bluebonnet



Magnesium Plus Calcium 2:1 Ratio

Dietary Supplement



180 Vegetable Capsules



Supplement Facts

Serving Size 3 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Magnesium (as magnesium aspartate)	400 mg	100
Calcium (as citrate, malate)	200 mg	20

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.