

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

**Bluebonnet's Magnesium Aspartate Capsules** contain magnesium from a chelate of magnesium aspartate. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by  
**Bluebonnet Nutrition Corporation**  
12915 Dairy Ashford  
Sugar Land, TX 77478 USA  
[www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)



**Bluebonnet**



# Magnesium Aspartate

Elemental Magnesium 400 mg Per Serving

Dietary Supplement



**100 Vegetable Capsules**



## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

| Amount<br>Per Serving                 |        | %Daily<br>Value |
|---------------------------------------|--------|-----------------|
| Magnesium<br>(as magnesium aspartate) | 400 mg | 95              |

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, sodium and sugar.

Minerals are shown in their elemental value.