

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

Bluebonnet's Magnesium 400 mg Plus Vitamin B₆ Capsules contain reacted magnesium aspartate and magnesium oxide, plus vitamin B₆ as pyridoxine HCl. 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



Magnesium Plus B₆

Easy-To-Swallow Capsules
Dietary Supplement



90 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1471
Magnesium (as aspartate, oxide)	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.