

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



Bluebonnet



Magnesium Aspartate

Elemental Magnesium 400 mg Per Serving
Dietary Supplement



200 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 100

Amount Per Serving		% Daily Value
Magnesium (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 shown in their elemental value.