

**Directions:** As a dietary supplement, take one tablespoon (15 mL) daily or as directed by a healthcare practitioner. Can also be used as a good source of calcium and magnesium in baked goods.

**Bluebonnet's Liquid Calcium Magnesium Citrate Plus Vitamin D<sub>3</sub>** contains calcium in a chelate of calcium citrate, as well as magnesium in a chelate of magnesium citrate and magnesium aspartate in a naturally delicious raspberry flavor. Plus, this formula contains vitamin D<sub>3</sub> (cholecalciferol) from natural lanolin. Available in an easy-to-swallow liquid form for maximum assimilation and absorption.

**Shake well before serving.  
Refrigerate after opening.**

Manufactured for  
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KOF-K Certification #0003138



**Bluebonnet**

 **Calcium  
Magnesium Citrate  
Plus Vitamin D<sub>3</sub>**

Dietary Supplement

**MILK  
FREE**



Natural Raspberry Flavor



**16 FL OZ (472 mL)**



## Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container 32

Amount Per Serving		% Daily Value
Calories	20	
Total Carbohydrate	2 g	1**
Sugars (as fructose)	1 g	
Includes 1 g added sugars		2**
Vitamin D <sub>3</sub> (as 400 IU cholecalciferol)	10 mcg	50
Calcium (as citrate)	600 mg	46
Magnesium (as citrate, aspartate)	300 mg	71

\*\*Percent Daily Value based on a 2,000 calorie diet.

Other ingredients: Filtered water, fructose, citric acid, natural raspberry flavor, xanthan gum, sea vegetable extract.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice and sodium.

Minerals are shown in their elemental value.