

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

Bluebonnet's Calcium Magnesium Zinc Softgels are specially formulated with a high potency combination of calcium, magnesium, zinc, plus vitamin D₃ (cholecalciferol) from lanolin. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Made in USA from domestic and imported ingredients.

Manufactured for
Bluebonnet Nutrition Corporation
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Bluebonnet

**Calcium
Magnesium
Zinc Softgels**

**Plus Vitamin D₃
Dietary Supplement
120 Softgels**



Supplement Facts

Serving Size 3 Softgels Servings Per Container 40

Amount Per Serving		% Daily Value
Vitamin D ₃ (as 400 IU cholecalciferol)	10 mcg	50
Calcium (as calcium carbonate)	1000 mg	77
Magnesium (as magnesium oxide)	500 mg	119
Zinc (as zinc picolinate)	15 mg	136

Daily Value based on a 2,000 calorie diet.

Other ingredients: Gelatin, glycerin, purified water, lecithin, soybean oil, silica.

Contains: Soybeans

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

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

Minerals are shown in their elemental value.