

Directions: As a dietary supplement, take one tablespoon (15 mL) daily or as directed by a healthcare practitioner. Can also be incorporated into baked goods.

Bluebonnet's Liquid Magnesium Citrate is formulated with a special, water-soluble form of magnesium chelated to citrate. Magnesium is required in over 300 biochemical reactions in the body but is primarily known to calm the mind and body, reduce stress, induce restful sleep, increase bone density, as well as support immune and cardiovascular health. Available in a delicious mixed berry flavor. ♦

Shake well before serving. Refrigerate after opening.

WARNING: For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption. Do not use in conjunction with alcoholic beverages. Consult a healthcare practitioner if pregnant/nursing, or if you have a medical condition, particularly kidney problems or an obstructed bowel, or currently on medications like sleep aids or laxatives.

KOF-K Certification #0003138

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.


Bluebonnet

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Magnesium Citrate

**FOR HEART, MUSCLE-NERVE
& BONE SUPPORT♦**



**MIXED BERRY
FLAVOR**



Bluebonnet

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container 32

Amount Per Serving		% Daily Value
Calories	10	
Total Carbohydrate	4 g	1**
Sugars (as fructose)	1 g	*
Includes 1 g added sugars		2**
Magnesium (as magnesium citrate)	420 mg	100

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

*Daily Value not established.

Other ingredients: Purified water, fructose, citric acid, natural mixed berry flavor, xanthan gum, potassium sorbate (to protect freshness), sea vegetable extract, stevia leaf 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.

Made in USA from domestic and imported ingredients.

DIETARY SUPPLEMENT • 16 FL OZ (472 mL)