

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 Bone Support with Calcium Magnesium Plus Vitamins D₃ & K₂ is formulated with the more bioavailable chelated forms of calcium (calcium citrate) and magnesium (magnesium citrate and aspartate). Calcium and magnesium are the most abundant minerals in the body. They are not just necessary for healthy bones and teeth; they are also essential for healthy blood circulation, nerve impulse transmission, muscle contractions, and cell metabolism. This bone-building formula also incorporates vitamin D₃ (cholecalciferol) from lanolin and vitamin K₂ from natto to further increase bone density and reduce bone loss. Available in a delicious blueberry flavor.♦

Shake well before serving. Refrigerate after opening.

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

KOF-K Certification #0003138

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• 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.



Manufactured for
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Bluebonnet



Bone Support.

**CALCIUM / MAGNESIUM PLUS
D₃ & K₂ FORMULA**



**BLUEBERRY
FLAVOR**



DIETARY SUPPLEMENT • 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 ₃ (as 400 IU cholecalciferol)	10 mcg 50
Vitamin K ₂ (as menaquinone [MK-7])	45 mcg 38
Calcium (as calcium citrate)	600 mg 46
Magnesium (as magnesium citrate, aspartate)	300 mg 71

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

*Daily Value not established.

Other ingredients: Purified water, fructose, citric acid, natural blueberry flavor, xanthan gum, potassium sorbate (to protect freshness), 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.

Made in USA from domestic and imported ingredients.