

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

Bluebonnet's Magnesium Citrate 400 mg Caplets contain magnesium in a chelate of magnesium citrate. Available in easy-to-swallow caplets for maximum assimilation and absorption.

Manufactured by
Bluebonnet Nutrition Corporation
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Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com



Bluebonnet



Magnesium Citrate

Elemental Magnesium 400 mg Per Serving
Dietary Supplement
60 Caplets



Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

Amount Per Serving		% Daily Value
Magnesium (as magnesium citrate)	400 mg	95

Daily Value based on a 2,000 calorie diet.

Other ingredients: Vegetable cellulose, stearic acid, silica, vegetable magnesium stearate, vegetable glaze.

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

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

Bluebonnet's KOF-K Certification #K-0000700

Minerals are shown in their elemental value.