

Directions: As a dietary supplement, take one tablespoon (15 mL) daily or as directed by a healthcare practitioner.

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. Keep out of reach of children.

703C



KOF-K Certification #K-0003138

Made in USA from domestic and imported ingredients.



♦ 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

Magnesium Citrate

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

**MIXED BERRY
FLAVOR**



Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	4 g	1%**
Total 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), carrageenan, stevia leaf extract.

Manufactured for
Bluebonnet Nutrition Corporation
12915 Dairy Ashford
Sugar Land, Texas 77478 USA
bluebonnetnutrition.com



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

Also free of gluten, barley, rice and sodium.

Minerals are shown in their elemental value.

DIETARY SUPPLEMENT • 16 FL OZ (473 mL)