

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

Bluebonnet's Calcium Magnesium 1:1 Vegetable Capsules contain a 1:1 ratio of calcium in a chelate of calcium citrate and malate, along with magnesium from fully reacted magnesium aspartate for strong healthy bones.♦

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

♦ 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's KOF-K Certification #K-0000700

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

0719E



Bluebonnet



Calcium Magnesium 1:1 Ratio

Dietary Supplement



90 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

Amount Per Serving		% Daily Value
Calcium (as citrate, malate)	250 mg	25%
Magnesium (as magnesium aspartate)	250 mg	63%

Daily Value based on a 2,000 calorie diet.

Other ingredients: Kosher vegetable capsules, vegetable magnesium stearate.

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

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

Minerals are shown in their elemental value.