

Directions: As a dietary supplement, take one tablespoon (15 mL) daily or as directed by a healthcare practitioner. Can also be used as a good source of calcium and magnesium in baked goods.

Bluebonnet's Liquid Calcium Magnesium Citrate Plus Vitamin D₃ contains calcium in a chelate of citrate, as well as magnesium in a chelate of magnesium citrate and magnesium aspartate in a delicious blueberry flavor. Plus, this formula contains vitamin D₃ (cholecalciferol) from lanolin for strong teeth/bones. Available in an easy-to-swallow liquid form for maximum assimilation and absorption.*

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

Shake well before serving. Refrigerate after opening.

Manufactured for
Bluebonnet Nutrition Corporation
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KF-4 Certificate #0000136



Made in USA
from domestic
and imported
ingredients.

Bluebonnet



Calcium Magnesium Citrate Plus Vitamin D₃

Dietary Supplement

**MILK
FREE**



Blueberry Flavor

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
Calcium (as citrate)	600 mg	46
Magnesium (as citrate, aspartate)	300 mg	71

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

Other ingredients: Filtered water, fructose, citric acid, natural blueberry flavor, xanthan gum, 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.

*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.