

Bluebonnet's Magnesium Aspartate Vegetable Capsules are formulated with magnesium from a chelate of magnesium aspartate. 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.♦

MAY
SUPPORT



Stress Relief



Bone Health



Heart Health ♦

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

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

Bluebonnet's KOF-K Certification #K-0000700

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



Magnesium Aspartate

Stress, Bone & Heart Health ♦



Dietary Supplement **100** Vegetable Capsules

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

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

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

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate.

Manufactured by
Bluebonnet Nutrition Corporation
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Minerals are shown in their elemental value.