

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

Bluebonnet's Magnesium Glycinate Capsules contain 400 mg per serving of elemental magnesium from fully reacted magnesium glycinate, a more rapidly absorbed amino acid mineral complex from Albion. Magnesium supports energy production and is critical for enzyme function. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.♦

Bluebonnet's KOF-K Certification #K-0000700

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♦ 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.

Manufactured by
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**Rapidly
Absorbed**

Bluebonnet



Magnesium Glycinate

400 mg per serving

Dietary Supplement
120 Vegetable Capsules



Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

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

* Daily Value based on a 2000 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 yeast, gluten, barley, sodium and sugar.

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

This product is not produced with genetic engineering methods or materials according to the requirements of the NSF Non-GMO Certification Program. For more information visit www.nsfmgmo.org