

Bluebonnet's Magnesium Citrate 400 mg Caplets are formulated with magnesium in a chelate of magnesium citrate. Magnesium is required in over 300 biochemical reactions in the body, and it is primarily known to calm the mind and body, reduce stress, induce restful sleep, increase bone density, as well as support immune and heart health.♦

MAY
SUPPORT

Stress Relief

Bone Health

Heart Health

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

Also free of gluten, barley, rice and sugar.

Minerals are shown in their elemental value.

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 Citrate

Stress, Bone & Heart Health ♦



Dietary Supplement **60 Caplets**

Directions: As a dietary supplement, take two caplets once daily or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

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

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, silicon dioxide, vegetable glaze.

Manufactured by
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