

Shake well

**Bluebonnet's Liquid Calcium Magnesium Citrate & Vitamin D<sub>3</sub>** is formulated with calcium in a chelate of calcium citrate, as well as magnesium in a chelate of magnesium citrate and magnesium aspartate in a delicious raspberry flavor. This formula also contains vitamin D<sub>3</sub> (cholecalciferol) from lanolin for strong, healthy bones. ♦



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

Also free of gluten, barley, rice and sodium.

Minerals are shown in their elemental value.

KOF-K Certification #0003138

Made in USA from domestic and imported ingredients.



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**

# LIQUID Calcium <sup>Milk-Free</sup> Magnesium Citrate & Vitamin D<sub>3</sub>

**BONE HEALTH** ♦



**RASPBERRY FLAVOR**



**Directions:** As a dietary supplement, take one tablespoon (15 mL) daily or as directed by a healthcare practitioner. **Shake well before serving. Store tightly closed and refrigerate after opening.**

## Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings Per Container 32

Amount Per Serving		% Daily Value
Calories	20	
Total Carbohydrate	2 g	1%**
Total Sugars (as fructose)	1 g	*
Includes 1 g added sugars		2%**
Vitamin D (as 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.  
\*Daily Value not established.

Other ingredients: Purified water, fructose, citric acid, natural raspberry flavor, xanthan gum, potassium sorbate (to protect freshness), carrageenan.

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



**DIETARY SUPPLEMENT • 16 FL OZ (473 mL)**