

Directions: As a dietary supplement, take two tablespoons (30 mL) daily or as directed by a healthcare practitioner. Can also be a good source of calcium and magnesium in baked goods.

Bluebonnet's Liquid Calcium Magnesium Citrate provides calcium in a chelate of calcium citrate, as well as magnesium in a chelate of magnesium citrate and magnesium aspartate. Plus, this formula contains natural source vitamin D₃ from lanolin. Available in an easy-to-swallow liquid form for maximum assimilation and absorption.

Shake well before serving. Refrigerate after opening.

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

Also free of yeast, gluten, barley, rice and sodium.



Bluebonnet



NEW
HIGHER
POTENCY

Liquid Calcium Magnesium Citrate

Easy Assimilation & Absorption
Natural Mixed Berry Flavor
Dietary Supplement
16 FL OZ (472 mL)



Supplement Facts

Serving Size 2 Tablespoons (30 mL)
Servings Per Container 16

Amount Per Serving		% Daily Value
Calories	10	
Total Carbohydrates	3 g	<1
Sugars	3 g	
Vitamin D3 (cholecalciferol)	800 IU	200%
Calcium (citrate)	1200 mg†	120%
Magnesium (citrate, aspartate)	600 mg†	150%

Daily Value based on a 2,000 calorie diet.

Other ingredients: Purified water, fructose, citric acid, natural blueberry, raspberry, strawberry flavor, xanthan gum, sea vegetable extract.

†Elemental

Manufactured for
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