

Bluebonnet's Magnesium Aspartate Vegetable Capsules are formulated with magnesium from a chelate of magnesium aspartate to help calm the mind and body, reduce stress, induce restful sleep, increase bone density, and support immune and heart health. ♦



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

Also free of corn, gluten, barley, sodium 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 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. Store tightly closed in a cool, dry place.

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
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