

**Bluebonnet's Magnesium Glycinate 400 mg Vegetable Capsules** are formulated with 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. ♦



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

Also free of gluten, barley, sodium and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

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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.



Dietary Supplement **60** Vegetable Capsules

RAPIDLY ABSORBED

Bluebonnet



# Magnesium Glycinate



Relaxation, Immune & Heart Health ♦

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

## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 15

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

Other ingredients: Capsule (hypromellose, purified water), vegetable magnesium stearate.

Manufactured by  
**Bluebonnet Nutrition Corporation**  
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