

**SUGGESTED USE:** As a dietary supplement, take one (1) Licaps™ capsule daily.

Dr. Mercola has been providing quality products since 2001. To see more products, go to [products.mercola.com](http://products.mercola.com)

**WARNING:** If you are pregnant or nursing, consult your physician before consuming this product. Discontinue use if adverse effects occur.

Do not use if safety seal is broken.

**KEEP OUT OF REACH  
OF CHILDREN.**

**STORE IN A COOL,  
DRY PLACE WITH LID  
TIGHTLY CLOSED.**

**Manufactured for:**

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10059-v901

**Manufactured in  
the USA**

## DR. MERCOLA® PREMIUM SUPPLEMENTS

One of Nature's Most Potent Antioxidants†

# ASTAXANTHIN

325 mg ALA Per Capsule

Dietary Supplement

30 Licaps™ Capsules

## Supplement Facts

Serving Size: 1 Licaps™ capsule  
Servings per Container: 30

| Amount Per Serving      | %DV*       |
|-------------------------|------------|
| Astaxanthin.....        | 4 mg **%   |
| Omega-3 ALA.....        | 325 mg **% |
| (from Perilla Seed Oil) |            |

\* (%) Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Vegetable cellulose, Beeswax, Rosemary extract (Antioxidant).

† 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.