

Suggested Use: Take one (1) tablespoon with 8 oz. of water two (2) hours after last meal or before bed. For additional benefits a second serving may be taken in the morning on an empty stomach. For best results do not eat for at least one (1) hour after taking this product. Servings may be increased to two (2) tablespoons twice daily if desired or recommended by your health care practitioner.

Indicación: Tomar una (1) cucharada con 8 oz de agua dos (2) horas después de la última comida o antes de acostarse. Para beneficios adicionales puede tomar una segunda porción por la mañana con el estómago vacío. Para obtener mejores resultados no coma por lo menos una (1) hora después de tomar este producto. Porciones puede aumentarse a dos (2) cucharadas dos veces al día si se desea o se lo recomienda su profesional del cuidado de la salud.

★ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any disease.

UPC CODE

7 27413 00927 6

Only Natural, Inc.
Island Park, NY 11558 U.S.A.
The Exclusive Distributor of Only Natural, Inc. Supplements.
www.onlynaturalinc.com 1-516-897-7001

**Made In
USA**

ONLY NATURAL

Est.1986

15 Grams Protein
per FL. OZ

GLUTEN FREE

Easy & Fit Collagen

Types I and II

★ Youthful Skin ★ Tone Muscle ★ Healthy Hair ★
★ Strong Nails ★ Burn Fat ★ Joint Function ★

Formulated for Men & Women

Liquid Dietary Supplement

474 mL Natural Berry Flavor 16 FL OZ.

Supplement Facts

Serving Size: 1 tablespoon
Servings per container: 32

Calories	40	Calories from fat	0
		Amount per serving %	Daily Value
Total fat		0	0
Saturated fat		0	0
Carbohydrates		<1g	<1%
Sugars		3 g	**
Protein		7.5 g	15%

Each 1 tablespoon serving contains the following:

Proprietary blend of hydrolyzed collagen with type II collagen	7.5 g	15%
Silica	50 mg	**
Biotin	300 mcg	100%

Amino acid profile derived from protein:

Alanine, Arginine, Aspartate, Cystine, Glutamate, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine, Valine

Other ingredients: water, fructose, natural raspberry flavor and potassium sorbate

** Daily value not established
Percent daily value (DV) is based on a 2,000 calorie diet.

- KEEP OUT OF THE REACH OF CHILDREN
- DO NOT PURCHASE IF SEAL IS BROKEN OR DAMAGED
- SHAKE WELL BEFORE USING
- GLUTEN FREE