SUGGESTED USE:

1 caplet three times daily or as advised by your health care provider.

DO NOT USE IF SEAL IS BROKEN.

Warning: If pregnant, consult your physician before using this or any other product.

Keep Away From Reach Of Children

Please report any adverse event or reaction to 425-637-1400.

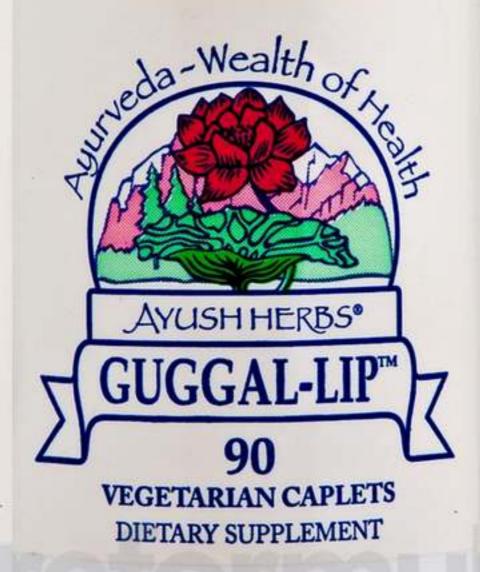
Distributed by Ayush Herbs, Inc. Redmond, WA 98052

www.ayush.com

Contains Naturally Grown Himalayan Herbs

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.







Serving Size: 1 caplet

Servings Per Container: 90

Vitamin B6	20 mg	1000%
Folic acid	400 mcg	100%
Magnesium aspartate	50 mg	6%

Extracts of: Amount Per Serving %	Extracts	of:	Amount	Per	Serving	%D
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Commiphora mukul 300 mg (Guggal) standardized to 10% total Z & E Guggalsterones 25mg

Triphala 120 mg
(Blend of Emblica officinalis,
Terminalia chebula & Terminalia belerica)

Daily value not established

Binding materials: Cellulose, Croscarmellose Sodium, Dicalcium phosphate, Stearic acid, Magnesium stearate, and Silicon dioxide.

Free from Milk, Soy, Egg and Wheat.

ADH091310A