



LIGAPLEX® II

5300

Dietary Supplement

Suggested Use: Two capsules per meal,
or as directed.

150 CAPSULES

WHOLE FOOD SUPPLEMENTS SINCE 1929

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 75

Amount per Serving

%DV

Calories.....	4	
Total Carbohydrate.....	1 g.....	<1%*
Vitamin A.....	585 IU.....	10%
Vitamin C.....	1.3 mg.....	2%
Vitamin D.....	25 IU.....	6%
Vitamin E.....	1 IU.....	4%
Vitamin B12.....	2 mcg.....	35%
Calcium.....	22.4 mg.....	2%
Manganese.....	35 mg.....	1,750%

Proprietary Blend..... 660 mg
Nutritional yeast†, carbamidet, bovine bone†, veal bone PMG™ extract†, bovine liver†, defatted wheat (germ)†, bovine heart PMG™ extract†, magnesium citrate, oat flour†, inositol†, dried pea (vine) juicet, *Tillandsia usneoides*†, carrot (root)†, sweet potato†, ribonucleic acid†, beet (root)†, bovine spleen†, ovine spleen†, bovine adrenal Cytosol™ extract†, bovine kidney†, mushroom†, bovine liver fat extract†, flaxseed oil extract†, para-aminobenzoate†, rice (bran)†, and sunflower lecithin†.

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

†Daily Value not established.

Other Ingredients: Manganese glycerophosphate, gelatin, calcium lactate, water, calcium stearate, ascorbic acid, vitamin E (sunflower), arabic gum, starch, sucrose, vitamin A palmitate, dicalcium phosphate, cyanocobalamin, and cholecalciferol.

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