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DIRECTIONS: For adults, take two (2) capsules once or twice daily, with food. Do not exceed four (4) capsules in a 24hour period. It is recommended that you also take a Coenzyme Q-10 supplement when using this product.

Supplement Facts

Serving Size 2 Capsules Servings Per Container 60

Amount Per Serving %Daily Value

Red Yeast Rice Powder 1,200 mg (1.2 g)

(Monascus purpureus) *Daily Value not established.

Other Ingredients: Gelatin. Contains <2% of: Rice Flour, Silica, Vegetable Magnesium Stearate.

Red Yeast Rice has been a part of the traditional Chinese diet for centuries. Two capsules contain 1,200 milligrams of Red Yeast Rice Powder from the botanical *Monascus purpureus*.