

SUGGESTED USE: Adults, as a dietary supplement, take one (1) capsule daily with a meal.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

10199-v203

DR. MERCOLA®

LIGNANS

**WITH
LYCOPENE**

Dietary Supplement

30 Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Riboflavin (Vitamin B ₂)	0.25 mg	19%
Vitamin B ₆ (as Pyridoxine HCl)	1.5 mg	88%
Vitamin B ₁₂ (as Methylcobalamin)	0.4 mcg	17%
Dr. Mercola's Blend for Women	150 mg	*
Cranberry (<i>Vaccinium macrocarpon</i>) (Fruit) Powder		
Diindolylmethane (DIM)		
7-hydroxymatairesinol (7-HMR) [from Norway Spruce (<i>Picea abies</i>) (Branch)] Lignan Extract [^]		
Lycopene [from Tomato (Fruit)]		

*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Capsule (Hydroxypropyl Methylcellulose), Dicalcium Phosphate, Medium Chain Triglycerides, Sodium Alginate, Gum Acacia, Magnesium Hydroxide, Rosemary Leaf Extract, Tricalcium Phosphate, Pea Starch, Silicon Dioxide.

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

[^]HMR Lignan™ is a trademark of Linnea S.A.