



Suggested Use: Take 3 tablets daily. Optimally, for the first 15 days, take two servings daily. FOR DAILY USE.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol)	800 IU	200%
Calcium (as Calcium Citrate)	450 mg	45%
Magnesium (as Magnesium Citrate, Magnesium Oxide)	230 mg	58%
Boron (as Boron Citrate)	3 mg	†
Super Lignans® (Concentrated Flax Hull Lignans)	200 mg	†
Biocell Collagen® (Proprietary chicken sternal cartilage extract)	500 mg	†
Hydrolyzed Collagen Type II	300 mg	
Chondroitin Sulfate	100 mg	
Hyaluronic Acid	50 mg	

† Daily Value not established.

Other Ingredients: Cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silicon dioxide, sodium copper chlorophyllin, confectioner's glaze, hydroxypropyl cellulose, hypromellose, polyethylene glycol, talc.

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