



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

## Supplement Facts

Serving Size 3 Soft Gels  
Servings Per Container 30

| Amount Per Serving                                                                          | % Daily Value |
|---------------------------------------------------------------------------------------------|---------------|
| Vitamin C (as Magnesium Ascorbate)                                                          | 60 mg 100%    |
| Vitamin E (as Natural Mixed Tocopherols)                                                    | 15 IU 50%     |
| Folic Acid                                                                                  | 400 mcg 100%  |
| Vitamin B12 (as Methylcobalamin)                                                            | 100 mcg 1667% |
| Magnesium (as Magnesium Ascorbate)                                                          | 7 mg 2%       |
| BioCell Collagen® (Proprietary chicken sternal cartilage extract)                           | 1000 mg †     |
| Hydrolyzed Collagen Type II                                                                 | 600 mg        |
| Chondroitin Sulfate                                                                         | 200 mg        |
| Hyaluronic Acid                                                                             | 100 mg        |
| IP6 phytate (from rice bran)                                                                | 21 mg †       |
| Ferulic Acid (from rice bran)                                                               | 25 mg †       |
| 5-Loxin® (extract of <i>Boswellia serrata</i> ) (gum resin)<br>Standardized for 7.5 mg AKBA | 25 mg †       |
| Pomegranate Extract P-40p™ ( <i>Punica granatum</i> ) (fruit)                               | 40 mg †       |
| Quercetin Dihydrate                                                                         | 60 mg †       |
| Omega-3 Fish Oil Concentrate                                                                | 305 mg †      |
| Eicosapentaenoic Acid (EPA)                                                                 | 100 mg        |
| Docosahexaenoic Acid (DHA)                                                                  | 60 mg         |
| Borage Oil ( <i>Borago officinalis</i> ) (seed oil)                                         | 245 mg †      |
| Gamma Linolenic Acid (GLA)                                                                  | 44 mg         |
| Linoleic Acid (LA)                                                                          | 72 mg         |

†Daily Value not established.

Other Ingredients: Rice bran oil, gelatin, glycerin, soy lecithin, beeswax, water, natural lemon flavor, titanium dioxide, carmine (natural color), red cabbage. 5-LOXIN® is a registered trademark of PL Thomas - Laila Nutra LLC and is used under license. International Patents Pending. BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents) Pomegranate Extract P-40p™ is a trademark of PL Thomas & CO., Inc. Contains soy and fish (anchovy and/or sardines, mackerel, jack mackerel)