



Suggested Use: As a dietary supplement, take 4 soft gels daily with a meal. Optimally for the first 15 days, take two servings daily. FOR DAILY USE.

Supplement Facts

Serving Size 4 Softgels
Servings Per Container 25

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Calories (energy)		30	Chondroitin Sulfate		600 mg †
Total Fat	2 g	3%*	MSM (Methylsulfonyl methane)		250 mg †
Cholesterol	5 mg	2%	Proprietary Extract Blend		200 mg
Total Carbohydrate	2 g	1%*	Boswellia Extract (<i>Boswellia serrata</i> resin)		†
Protein	1g		Bromelain, Nettle Extract (<i>Urtica dioica</i> leaf),		†
Vitamin C (as Ascorbic Acid)	150 mg	167%	Turmeric Extract (<i>Curcuma longa</i> root),		†
Vitamin D (as Cholecalciferol)	3.75 mcg (150 IU)	19%	Ginger Root Extract (<i>Zingiber officinale</i> root)		†
Niacin (as Niacinamide)	15 mg	94%	Long Pepper Extract (<i>Piper longum</i> fruit)		†
Vitamin B-12 (as Cyanocobalamin)	75 mcg	3125%			
Total Omega-3 Fatty Acids		1200 mg †	*Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.		
EPA (Eicosapentaenoic Acid)		600 mg †			
DHA (Docosahexaenoic Acid)		400 mg †			
Glucosamine Sulfate		850 mg †			

Ingredients: Capsule Shell (Gelatin, Purified Water, Glycerin, Sorbitol, Caramel, Titanium Dioxide), Highly Refined and Concentrated Omega-3 Fish Oil (anchovy, sardine, mackerel), Glucosamine Sulfate, Chondroitin Sulfate, Beeswax, Methylsulfonylmethane, Proprietary Extract Blend (Boswellia Extract (*Boswellia serrata* resin), Bromelain, Nettle Extract (*Urtica dioica* leaf), Turmeric Extract (*Curcuma longa* root), Ginger Extract (*Zingiber officinale* root), Long Pepper Extract (*Piper Longum* fruit)), Ascorbic Acid, Lecithin (soy), Proprietary LemonLock™ Freshness System (Natural Lemon/Lime Flavor, Natural Mixed Tocopherols (soy), Rosemary Extract, Ascorbyl Palmitate), Niacinamide, Cyanocobalamin, Cholecalciferol.

Contains fish (anchovy, sardine, mackerel) and soy.