



Suggested Use: As a dietary supplement, take 3 capsules daily. Optimally, for the first 15 days, take two servings daily. FOR DAILY USE.

Supplement Facts

Serving Size 3 Vegetarian Capsules
 Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Thiamine (as thiamine HCl)	10 mg	667%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Magnesium (as carbonate, citrate)	300 mg	75%
<i>trans</i> -Resveratrol (from <i>Polygonum cuspidatum</i> (root) extract)	40 mg	†
ProDURA® Bacillus Coagulans (2 Billion CFU at the time of manufacture)	10 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, magnesium stearate, silicon dioxide.

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