SUGGESTED USE: As a dietary supplement, adults take one (1) capsule once a day. For best results, take with a meal with an 8 ounce glass of water or as directed by your physician.

WARNING: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*These statements have not been evaluated by the food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.







ψ Sonora Nutrition

PHYTOCERAMIDES

CERAMIDE-PCD® FROM RICE

Maximum Strength Formula



- √ 40 mg Per Serving
- **⊘** Gluten Free

Dietary Supplement

30 CAPSULES

SUPPLEMENT FACTS

Serving Size: 1 Capsule Servings Per Container: 30

Ingredients	Amount Per Serving	%DV
Vitamin A (as retinyl acet	ate) 5000 IU	100%
Vitamin C (as ascorbic ac	id) 60 mg	100%
Vitamin D3 (as cholecalci	ferol) 400 IU	100%
Vitamin E (as dl-alpha-tocopheryl ac	30 IU etate)	100%
Ceramide-PCD* [Providing glucosylcerami	40 mg des and	

β-sitosterol-3-O-glucoside (β-SG)]

** % Daily Values Not Established.

Other Ingredients: Long Grain Rice Flour, Hydroxypropyl Methylcellulose (Veggie Capsule), Magnesium Stearate.

CERAMIDE-PCD* IS A REGISTERED TRADEMARK OF TRU BODY WELLNESS

> Manufactured for: Sonora Nutrition Scottsdale, AZ 85251 Phone: (866) 522-4351

www.SonoraNutrition.com