



**PRIMAL
BLUEPRINT**

DAMAGE CONTROL

**MICRONUTRIENT
SUPERFORMULA**

DIETARY SUPPLEMENT



**ESSENTIAL
ANTIOXIDANTS**



**PHYTONUTRIENT
SUPPORT**



**BROAD SPECTRUM
FORMULA**

180 CAPSULES

Supplement Facts

30 servings per container • Serving size: 6 capsules

Amount Per Serving	Amount	%DV*	Amount Per Serving	Amount
Vitamin A (as natural beta carotene)	5000 IU	100%	Benfotiamine	50mg
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg	500%	Boswellia serrata gum extract	50mg
Vitamin D (as cholecalciferol, ergocalciferol)	600 IU	150%	Carnitine (as L-tartrate)	50mg
Vitamin E (as d-alpha tocopherol succinate)	60 IU	200%	Carnosine	50mg
Vitamin K (Vitamin K2 menaquinone 50%, Vitamin K1 phytonadione 50%)	20 mcg	25%	Chinese skullcap root extract	50mg
Thiamin (Vitamin B1) (as thiamine mononitrate)	5.1 mg	340%	Choline (as choline bitartrate)	50mg
Riboflavin (Vitamin B2)	4.5 mg	260%	Coenzyme Q10	50mg
Niacin (Vitamin B3) (as niacinamide)	20 mg	100%	Cordyceps mushroom extract	50mg
Vitamin B6 (as pyridoxine hydrochloride)	6 mg	300%	Curcumin rhizome extract complex	50mg
Folate (5-methyl tetrahydrofolate)	600 mcg	150%	Inositol	50mg
Vitamin B12 (methylcobalamin)	18 mcg	300%	Magnolia bark extract	50mg
Biotin	300 mcg	100%	Methyl sulfonyl methane (MSM)	50mg
Pantothenic acid (as calcium pantothenate)	30 mg	300%	Milk thistle seed extract	50mg
Calcium (as carbonate, ascorbate, pantothenate, citrate)	236 mg	25%	N-acetyl cysteine	50mg
Iodine (as potassium iodide)	150 mcg	100%	Noni fruit extract	50mg
Magnesium (as magnesium oxide and magnesium glycinate)	151 mg	40%	Panax ginseng root extract	50mg
Zinc (as zinc citrate)	15 mg	100%	Phosphatidyl serine	50mg
Selenium (as selenomethionine)	70 mcg	100%	Pomegranate fruit extract	50mg
Copper (as copper gluconate)	2 mg	100%	Quercetin (as dihydrate)	50mg
Manganese (as manganese citrate)	2 mg	100%	Resveratrol (as Japanese knotweed herb)	50mg
Chromium (as chromium polynicotinate)	120 mcg	100%	Trace mineral complex	25mg
Molybdenum (as molybdenum glycinate)	75 mcg	100%	Bilberry fruit extract	5mg
Grape seed extract	100 mg	*	Lutein	5mg
Acai fruit extract	50 mg	*	Lycopene	1mg
Alpha Lipoic Acid	50 mg	*	Zeaxanthin	0.5mg
			Boron (as citrate)	10mg
			Vanadium (as citrate)	

* Daily Value (DV) not established

* %DV = %Daily Value

Other Ingredients: Gelatin Capsule, Magnesium Stearate (vegetable source), Microcrystalline Cellulose, Silica

Primal Damage Control provides a broad-spectrum, comprehensive blend of 52 powerful antioxidants, phytonutrients, and essential vitamins and minerals. It is unparalleled in the natural health world. These vital nutrients will support your body's natural processes and defenses so you can be at the top of your game.†

Suggested Use: Take up to 6 capsules per day, with or without food.

'This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.'

Store in cool, dry place away from direct sunlight.

Distributed by:
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primalblueprint.com



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