

Joint Formula 14™ (JF14) contains SierraSil®, manufactured under US Patent 7,611,732 B2 and 7,910,136, all natural hydrothermal mineral complex from the US Sierra Mountains that helps to promote joint health.\*

**RECOMMENDED SERVING (ADULTS):** Take once daily with water on an empty stomach (one hour before or after a meal), following the serving chart below for number of capsules according to body weight.

Body Weight	Up to 175 lbs	175 - 230 lbs	Over 230 lbs
No. of Capsules	3	4	5

**DIRECTIONS:** Drink a minimum of 6 glasses of water per day. Take medications four hours before or after taking JF14.

**CAUTION:** Pregnant or nursing women and persons with known medical conditions should consult with their physician before using. Do not use if inner seal is missing or broken. Keep bottle tightly closed. Store in a cool, dry place.

\* 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.

**VEGETARIAN FORMULA.** Made without sugar, starch, salt, wheat, gluten, corn, dairy, marine or animal products, flavoring or preservatives.



R1.00

  
SierraSil®

# Joint Formula

Promotes joint health\*  
Dietary supplement

90  
CAPSULES

14

## Supplement Facts

Serving Size 5 capsules

Servings per Container 18

	Amount Per Serving	% Daily Value
Calcium (from hydrothermal mineral complex)	38 mg‡	4%
Iron (from hydrothermal mineral complex)	2 mg‡	10%
Hydrothermal Mineral Complex	3 g	†

† Daily Value not established.

**OTHER INGREDIENTS:** Hypromellose, microcrystalline cellulose USP/NF, magnesium stearate NF/FCC, purified water.

Manufactured for SierraSil Health Inc. 1501 West Broadway, Suite 530, Vancouver, BC, V6J 4Z6, Canada. [www.sierrasil.com](http://www.sierrasil.com)  
Made in Canada. **CUSTOMER CARE:** Toll Free: 1.877.743.7720

‡ These values represent the quantities available for absorption by the body in a serving size of SierraSil®, as per the dissolution test described in US Pharmacopoeia 24 Dissolution Method 711. JF14 is not a significant source of Iron, and is not sufficient to treat iron deficiency.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Joint Formula 14™ is a trademark of SierraSil Health Inc., BC