



JOINTS[†]



NAILS[†]



SKIN[†]



SLEEP[†]

WHOLE FOOD DIETARY SUPPLEMENT | 90 CAPSULES

Supports
Healthy Skin
Elasticity, Nails,
Joints and Sleep[†]



TYPE I, II,
III, V & X

ANCIENT
NUTRITION

MULTI COLLAGEN

Beauty + Sleep[†]

Dr. Axe
FORMULA

Suggested Use: Adults take 3 capsules per day with 8 ounces of water, juice, coffee or tea.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Magnesium	266 mg	63%

Multi Collagen Complex

Hydrolyzed Bovine Hide Collagen Peptides, Eggshell Membrane Collagen, Chicken Bone Broth Protein Concentrate, Hydrolyzed Fish Collagen Peptides.

Beauty + Sleep Blend

Magnesium Hydroxide, Organic Ashwagandha Root and Leaf Extract, Pomegranate Fruit Extract, Asparagus Shoot, Okra Pod, Coffee Fruit Extract, Japanese Sophora Flower, Acerola Cherry, Acai Berry, Mangosteen Fruit, Camu Camu Fruit.

+ Daily Value (DV) not established.

Other ingredients: Hypromellose.

CONTAINS: Egg, Haddock, Cod, Pollock.

WARNING: If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Color and odor may vary from lot to lot. Store in a cool, dry place.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

† 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.

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RL-MCP5180-021420

