



ANCIENT NUTRIENTS

Magnesium

300mg Magnesium
Fermented Vitamin D
Ancient Superfoods
Adaptogenic Herbs
Rhodiola Extract



WHOLE FOOD DIETARY SUPPLEMENT
90 CAPSULES

Suggested Use: Adults take 3 capsules per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin D*	25 mcg (1000IU)	125%
Magnesium**	300 mg	71%

Ancient Nutrients TCM Blend

Bovine Liver, Organic Rhodiola Root Extract, Organic Turmeric Root Extract, Beef Bone Broth, Organic Stinging Nettle Root Extract, Chicken Bone Broth, Organic Cinnamon Bark Extract, *Hericium erinaceus* (Lion's Mane) Mushroom Extract, Organic Licorice Root Extract, Organic Skullcap Root Extract, Wild Hake Roe

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, gelatin.

Contains: Hake. *Probiotic Fermented Nutrient **Enzyme Activated Mineral

Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

LANCA00878

Manufactured for:



Ancient Nutrition, LLC
2000 Mallory Lane
Suite 130-307
Franklin, TN 37067
www.AncientNutrition.com

