



Suggested Use: As a dietary supplement, adults take 3 capsules daily, or take as directed by your health care professional. Best if taken before or with a meal. Optimally, for the first 15 days, double the dose. Best results obtained with daily use.

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as Magnesium Ascorbate)	120 mg	200%
Vitamin B-12 (as Methylcobalamin)	25 mcg	417%
Magnesium (as Magnesium Ascorbate)	10 mg	3%
BioCell Collagen®	1000 mg	†
Hydrolyzed Collagen Type II 600 mg		
Chondroitin Sulfate 200 mg		
Hyaluronic Acid 100 mg		
Calcium-Magnesium Inositol Hexaphosphate (IP6)	75 mg	†
Quercetin Dihydrate	150 mg	†
Hydrox® Olive extract (<i>Olea europaea</i>) (fruit)	100 mg	†
5-Loxin® (<i>Boswellia serrata</i> extract) (gum resin)	25 mg	†
Standardized for 7.5 mg (30%) AKBA		
Ferulic Acid	25-mg	†
Super Lignans® (Flax Hull Lignans)	125 mg	†

† Daily Value not established.

Other Ingredients: Gelatin, rice powder, magnesium stearate.

5-LOXIN® is a registered trademark of PL Thomas - Lalia Nutra LLC and is used under license. International Patents Pending.

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Newport Beach, California USA (US Patents 6,025,327; 6,323,319; 6,780,841; 7,091,180; 7,799,348. Other US and foreign patents pending.)

Do not use if Safety Seal is broken. Keep tightly closed in a cool, dry place. Keep out of the reach of children.