



Supplement Facts

Serving Size 1 Pack

Serving Per Container 44

Amount Per Pack	%DV
Calories	9
Calories From Fat	9
Total Fat	1g <2%*
Vitamin C (as ascorbic acid)	100mg 167%
Vitamin E (as d-alpha tocopherol succinate)	100IU 333%
Zinc (as zinc oxide)	15mg 100%
Selenium (as sodium selenite)	70mcg 100%
Manganese (as manganese sulfate)	1mg 50%

Joint Construction Complex	3000mg	
Glucosamine (as HCl, sulfate 2KCl)		**
Methylsulfonylmethane (MSM)		**
Chondroitin Sulfate A (CSA)		**
Chondroitin Sulfate C (CSC)		**

Joint Lubrication Complex	1000mg	
Flaxseed Oil (50% alpha linolenic acid)		**
Cetyl Myristoleate Proprietary Blend		
(cetyl myristoleate**, cetyl myristate**, cetyl palmitate**, cetyl laurate**, cetyl palmitoleate**, cetyl oleate**)		
Hyaluronic Acid		**

Joint Support Complex	1000mg	
Ginger Root (gingerols, shogaols)		**
Turmeric Root (curcumin)		**
Boswellia (resin) (boswellic acid)		**
Quercetin		**
Bromelain		**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) not established.