



Suggested Use: As a dietary supplement, take 3 capsules daily. FOR DAILY USE.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin C (as magnesium ascorbate)	120 mg	133%
Magnesium (as magnesium ascorbate)	10 mg	2%
BioCell Collagen® (Proprietary Collagen Extract)	1,000 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	†
Proprietary Blend	300 mg	
Inositol		†
Lecithin		†

† Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable magnesium stearate, calcium silicate.

Contains soy.

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