Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin, Caramel Color.

Contains soy, fish (anchovy, herring, mackerel, sardine) and shellfish (crab, crayfish, lobster, shrimp) ingredients.

DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

This product is not intended to diagnose, treat, cure or prevent any disease.

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No Artificial Flavor or Sweetener, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Yeast.

TO REORDER ITEM # 13306
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.

B52522 11F 14-13714

WWW.PURITAN.COM

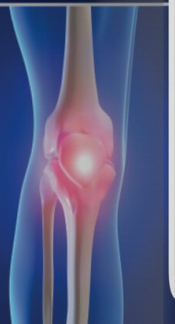
Puritan's Pride

GLUCOSAMINE CHONDROITIN MSM

WITH **OMEGA 3,6,9**

3 PER DAY FORMULA

Key Structural Components in Cartilage and Joint Connective Tissue



60 Rapid Release **Softgels**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 20

Amount Per Serving		%Daily Value
Calories	30	
Total Fat	2 g	3%*
Total Carbohydrate	2 g	1%*
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	4.5 mg	30%
Manganese (as Manganese Aspartate)	3 mg	130%
Sodium	10 mg	<1%
Glucosamine HCl	1,500 mg (1.5 g)	**
Proprietary Blend MSM (Methylsulfonylmethane), Chondroitin Sulfate	600 mg	**
Ultra Omega 3-6-9 Proprietary Blend Flaxseed Oil, Fish Oil, Evening Primrose Oil (seed)	270 mg	**

Amount Per Serving	%Daily Value
Typical Fatty Acid Profile:	
Omega-3	**
95 mg of Total Omega-3	**
Fatty Acids comprising of:	
Eicosapentaenoic Acid (EPA)	**
Docosahexaenoic Acid (DHA)	**
Alpha Linolenic Acid (ALA)	**
Other Fatty Acids	**
Omega-6	**
32 mg of Total Omega-6	**
Fatty Acids comprising of:	
Linoleic Acid	**
Gamma Linolenic Acid (GLA)	**
Omega-9	**
15 mg of Total Omega-9	**
Fatty Acids comprising of:	
Oleic Acid	**
Boron (as Boron Citrate) 3 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.