

SUGGESTED USE: Adults, as a dietary supplement, take one (1) capsule daily with a meal.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.



IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

DR. MERCOLA®
PREMIUM SUPPLEMENTS

LIGNANS

with

LYCOPENE

Dietary Supplement

30 Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Riboflavin (Vitamin B ₂)	0.25 mg	15%
Vitamin B ₆ (as Pyridoxine)	1.5 mg	75%
Vitamin B ₁₂ (as Methylcobalamin)	0.4 mcg	7%
Dr. Mercola's Special Blend	150 mg	*
Cranberry (<i>Vaccinium macrocarpon</i>) (Fruit) Powder		
Diindolylmethane (DIM)		
7-hydroxymatairesinol (7-HMR) (from Norway Spruce [<i>Picea abies</i>] Lignan Extract [^])		
Lycopene (from Tomato)		

*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Capsule (Hydroxypropyl Methylcellulose), Medium Chain Triglycerides, Sodium Alginate, Gum Acacia, Magnesium Hydroxide, Rosemary Leaf Extract, Tricalcium Phosphate, Pea Starch, Silicon Dioxide.

FORMULATED AND DISTRIBUTED BY: Mercola Health Resources, LLC
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[^]HMR Lignan™ is a trademark of Linnea S.A.