RECOMMENDED DURATION OF USE: Use for a minimum of 1 month to see beneficial effects.

RECOMMENDED DOSE (ADULT): 1 capsule, 3 times daily.

WARNING: If you are pregnant or breastfeeding, consult a health care practitioner prior to use. If symptoms worsen, consult a health care practitioner. For adult only. Keep out of reach of children. Some people may experience mild gastrointestinal disturbances; in which case, discontinue use.

This product is manufactured and packaged in a facility which may contain milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

STORAGE: Keep bottle tightly closed in a cool and dry place. KEEP OUT OF REACH OF CHILDREN

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DO NOT USE IF SEAL AROUND CAP IS MISSING OR BROKEN



Supplement Facts

Serving Size 3 Capsules Servings Per Container 30

		Amount PerServing	%Daily Value*
	Vitamin C (as ascorbic acid)	6 mg	7%
	Potassium (as glucosamine sulfate 2KCI)	260 mg	6%
	Glucosamine sulfate 2KCl	1980 mg	+
	Providing 1485 mg of glucosamine sulfate Hydrolyzed Collagen		
	(as Chicken Type II source)	300 mg	†
	Bamboo (Bambusa vulgaris) Standardized to 85% silica (stem extract)	127.8 mg	†

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

Other ingredients: Hypromellose (vegetable capsule), vegetal magnesium stearate.

Made in Canada / Manufactured by Les produits naturels Herb-e-Concept Inc. 102-17680 Charles, Mirabel, Oc Canada J7J 0T6 1 855 972-6888