

**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Do not use if you are pregnant. The US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or take any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems, including jaundice (yellowing of the skin or whites of the eyes) and brown urine. Other nonspecific symptoms can include nausea, vomiting, light-colored stools, unusual tiredness, weakness, stomach or abdominal pain, and loss of appetite. Do not use if you have bile duct obstruction, gallstones, stomach ulcers or hyperacidity. Not for use by persons under 18 years of age, or by pregnant or nursing women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or heavy equipment.

**DIRECTIONS:** Use only as directed. Take one tablet three times daily. Store in a cool, dry place.

Supplement Facts		
Serving Size: 1 Tablet		
	Amount Per Serving	% Daily Value
Total Carbohydrate	0.00013 g	<1% †
Magnesium (as magnesium oxide)	90 mg	23%
MSM (methylsulfonylmethane)	400 mg	*
Glucosamine Blend (Glucosamine Sulfate KCl, Glucosamine HCl) (shellfish)	100 mg	*
Boswellia ( <i>Boswellia serrata</i> ) (resin extract)	100 mg	*
Kava ( <i>Piper meythisticum</i> ) (root extract) (standardized to 30 mg [30%] Kavalactones)	100 mg	*
Ginger ( <i>Zingibe officinale</i> ) (root)	33 mg	*
Turmeric ( <i>Curcuma longa</i> ) (root extract) (Standardized to 14 mg [95%] curcumins)	15 mg	*
Japanese Knotweed ( <i>Polygonum cuspidatum</i> ) (root extract) (Standardized to 50% trans-resveratrol)	5 mg	*

**Other Ingredients:** Cellulose and/or Maltodextrin, Stearic acid, Silica, Magnesium Stearate.  
These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.  
California Residents Only: This product contains a substance known to the State of California to cause birth defects or other reproductive harm.