

**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.

**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	1 g	<1% †
Vitamin C (as ascorbic acid)	48 mg	80%
Manganese (from amino acid chelate)	7 mg	350%
Glucosamine Blend (Glucosamine Sulfate KCl, Glucosamine HCl) (shellfish)	500 mg	*
MSM (methylsulfonylmethane)	350 mg	*
Boswellia ( <i>Boswellia serrata</i> ) (resin extract)	100 mg	*
Ginger ( <i>Zingiber 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 2.7 mg [50%] trans-resveratrol)	5 mg	*

**Other Ingredients:** Cellulose, Silica, Stearic Acid, Magnesium Stearate.