

# Supplement Facts

Serving Size: 2 Liquid Soft-Gels

Servings per Container: 30

	Amount per Serving	% Daily Value
Calories	20	
Total Fat	1 g	1%**
Protein	1 g	
Vitamin C (as Calcium Ascorbate)	200 mg	222%
Biotin	2600 mcg	8667%
Calcium	30 mg	2%
Zinc (as Zinc Picolinate)	10 mg	91%
Copper (as Copper Amino Acid Chelate)	1 mg	111%
Manganese (as Manganese Citrate)	5 mg	217%
Flaxseed Oil (seed)	1058 mg	†
Gotu Kola extract (10% triterpenes, 18 mg)(herb)	180 mg	†
Horsetail ( <i>Equisetum arvense</i> ) extract (7% silica, 11.2 mg)(herb)	160 mg	†
Citrus ( <i>Citrus spp.</i> ) extract (50% bioflavonoids, 50 mg)(fruit)	100 mg	†
Lysine (as Lysine Hydrochloride)	80 mg	†
Proline	80 mg	†
BioPerine Complex	12 mg	†
BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)		

\*\*% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, soy lecithin, titanium dioxide (color), dextrin, caramel (color), red cabbage extract (color) and maltodextrin.

**Contains: Soy**

♻️ BIOPERINE® is a registered trademark of Sabinsa Corporation.

**No preservatives added.**