

Red marine algae, Silica from bamboo extract, Marine collagen (fish), Magnesium oxide, Grape seed extract, Lycopene extract, Methyl sulfonyl methane, Zinc citrate, Magnesium citrate, Co-enzyme Q10, Vitamin B2 (riboflavin), Vitamin B1(thiamine), Vitamin D3 (cholecalciferol), Vitaminm B12 (cyanocobalamin).Capsule shell: Pullulan (vegetarian).

Usage

Serving Size 1-2 capsules daily

Suggested Use How to take: Take 1-2 capsules daily with food. Do not exceed the stated recommended daily dose.

Storage: Store in a cool, dry place