

SUPPLEMENTS	Per Unit	DAILY AMOUNTS
youtheory turmeric extra strength formula Curcumin C3 Complex	500 mg	2 - 3x
Webber naturals Magnesium Citrate 3 x 150 mg	450 mg	4
Webber naturals – Vitamin E	400 IU	1
natural Factors Vitamin A	10,000 IU	1
Now – UC-II Type II Collagen		1
- Calcium	80 mg	
- Chicken cartilage	40 mg	
- Aquamin TG (seaweed derived minerals)	250 mg	
Now Hyaluronic Acid 100 mg		1
- Hyaluronic Acid	100 mg	
- L-Proline (from Zea mays)	100 mg	
- Alpha Lipoic Acid	50 mg	
- Grape seed (Vitis vinifera) extract	25 mg	
Nature's Bounty Hair, Skin & Nails with Biotin Gummies		2
- Vitamin C	7.5 mg	
- Vitamin E	7.5 IU	
- Biotin	1250 mcg	
Webber naturals Glucosamine Sulfate	500 mg	4
- Chondroitin Sulfate	400 mg	
- Vitamin D3	8.33 mcg	
Sun Chlorella A 200mg	SEE IMAGE	15 - 3x
D3 Liquid (Cholecalciferol)	25 mcg (1000 IU)	4 drops
CanPrev Vitamin C	1000mg	2
DMST Hemp Seed Oil	20 drops	when needed for pain

Supplement Facts

Serving Size: 15 Tablets
Serving Per Container: 100

Amount Per Serving	%DV
Calories	10
Total Carbohydrate	Less than 1 g <1%*
Protein	2 g 4%*
Vitamin A (100% as beta-carotene)	895 IU 18%
Vitamin D	1080 IU 270%
Riboflavin (Vitamin B2)	0.1 mg 8%
Niacin	1.1 mg 6%
Vitamin B6	0.1 mg 3%
Folate	36 mcg 9%
Vitamin B12	7 mcg 117%
Iron	5 mg 28%
Phosphorus	48 mg 5%
Magnesium	11 mg 3%
Chlorella (<i>Chlorella pyrenoidosa</i>) (pulverized)	3 g †
Lutein	3 mg †
Alpha-carotene	189 mcg †
Chlorophyll	63 mg †
Omega-3 fatty acids	54 mg †
Omega-6 fatty acids	56 mg †

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.