

EACH CAPSULE CONTAINS

Ligustrum lucidum extract	50mg
Saw Palmetto Extract	50mg
Vitamin A	10mg
Vitamin C	10mg
Vitamin D	10mg
Vitamin E	10mg
Zinc Amino Acid Chelate	20mg
Turmeric Root Extract	30mg
Fish Collagen Peptides	25mg
Curcumin	50mg
Biotin	3mg
Sodium Hyaluronate	1mg
Ganoderma	5mg
Polygonum multiflorum	5mg
Zinc(as Zinc Amino Acid Chelate)	25mg
Iodine(from Organic Kelp)	225mcg
Selenium(as Amino Acid Chelated Selenium)	200mcg
Iron(from Ferrous Fumarate)	5mg
Manganese(as Amino Acid Chelated Manganese)	300mcg