

Adult Usage: Mix one (1) scoop with 8 ounces of water or other liquid and consume daily. Combine with exercise.

# Supplement Facts

Serving Size 1 Scoop (10.5 g)

Servings Per Container 20

Amount Per Serving		% DV
Calories	35	
Protein	8 g	0%‡
Calcium (from NEM®)	56 mg	4%
Sodium	30 mg	1%
<b>Multi-Collagen &amp; Peptides Blend</b>	9.5 g	†
Bovine Collagen Peptides (skin), Chicken Bone Broth, Fish Collagen Peptides (skin)		
Eggshell Membrane (NEM®)	500 mg	†
Organic Fermented Turmeric (rhizome)	50 mg	†
Organic Fermented Ginger (rhizome)	50 mg	†

‡Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Natural flavor, Rebaudioside A (from stevia leaf extract).

CONTAINS: Egg, fish (haddock, cod, pollock).

Distributed by Adaptive Health, Charlotte, NC 28202

**PRECAUTIONS:** For adult use only. Use only as directed. Consult your health care practitioner before use if you are pregnant or nursing, have or suspect a medical condition, or use any medications. Discontinue use two weeks prior to surgery or if any serious adverse reaction occurs. Do not use if safety seal is missing.

Keep out of reach of children. Packaged by weight, not by volume. Settling may occur.

Due to the nature of these ingredients, color and odor may vary from lot to lot. Keep product at room temperature and humidity [59–86°F (15–30°C), 40% RH].

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