

# Supplement Facts

Serving Size: 5 capsules

Servings Per Container: 30

	Amount per Serving	%DV*
Vitamin D3 (as cholecalciferol)	400 IU	100%
Biotin	200 mcg	67%
Calcium (as calcium carbonate/glycinate)	500 mg	50%
Magnesium (from magnesium oxide/glycinate)	200 mg	50%
Manganese (from manganese glycinate)	1 mg	50%
Plant Derived Trace Mineral Blend	300 mg	*
Glucosamine HCl (plant source)	250 mg	*
Horsetail Herb	50 mg	*
Rose Hips	50 mg	*
Boron (from boron amino acid chelate)	500 mcg	*

\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Rice flour, vegetable capsules (plant cellulose and water), magnesium stearate (plant source), and silica.