

Suggested use: As a dietary supplement, adults add 1 packet to 8-12 oz liquid.

Supplement Facts

Serving Size 1 packet (0.10 oz)

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	2g	<1%†
Total Sugars	2g	* *
Includes 2 g Added Sugars		4%†
Biotin	5000 mcg	16667%
Marine Collagen	500 mg	* *
Ashwagandha	125 mg	* *
Proprietary Seaweed Complex	25 mg	* *
<i>(Laminaria japonica, Dunaliella salina, Haematococcus pluvialis) Whole plant</i>		

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

* * Daily Value not established.

Other Ingredients: Sugar, Natural Flavors, Maltodextrin; less than 2% of: Stevia Leaf Extract.

CONTAINS: FISH (Tilapia)