

DIRECTIONS: Take 3 capsules daily at bedtime with a full glass of water or as recommended by your healthcare professional.

Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 30

	Amount per Serving	%DV*
Magnesium (from magnesium hydroxide)	100 mg	25%
Montmorillonite	600 mg	*
Buckthorn Bark	450 mg	*
Alfalfa Juice Extract 8:1	50 mg	*

* Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin capsule (gelatin and water), gelatin, magnesium stearate (vegetable source) and silicon dioxide.