

### SUGGESTED USE:

As a dietary supplement, take two (2) veggie capsule once a day. For best results take 20-30 min before a meal with 8oz glass of water or as directed by your healthcare provider.

### CAUTION:

Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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SUPPLEMENTS

# IRISH SEA MOSS

Plus Bladderwrack & Burdock



**1405 MG**  
PER SERVING

**60 CAPSULES**

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Veggie Capsule  
Serving Per Container: 30

	Amount Per Serving	% DV
Organic Irish Moss <i>(Chondrus crispus)(whole plant)</i>	500mg	**
Organic Bladderwrack <i>(Fucus vesiculosus)(whole plant)</i>	500mg	**
Organic Burdock <i>(Arctium lappa)(root)</i>	400mg	**
BioPerine® (Black Pepper Extract) <i>(Piper nigrum)(fruit)</i>	5mg	**

\*\* % Daily Value not established

Other Ingredients: Pullulan Capsules

**NO SOY, DAIRY OR EGG INGREDIENTS**

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