

SURGERY PROGRAM

Supplement Facts

Serving Size AM/PM Dosing

Servings per container 30

	Amount Per Serving	% Daily Values
Vitamin A (from Beta Carotene)	15,000 IU	300%
Vitamin A (as Palmitate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	750 mg	1250%
Vitamin D3 (as Cholecalciferol)	375 IU	94%
Vitamin B 1 (from Thiamine Mononitrate)	52.5 mg	3500%
Vitamin B2 (as Riboflavin)	9 mg	529%
Niacin/Niacinamide	42 mg	210%
Vitamin B6 (from Pyridoxine HCl)	75 mg	3750%
Folic Acid	405 mcg	101%
Vitamin B12 (as Cyanocobalamin)	405 mcg	6750%
Biotin	375 mcg	125%
Pantothenic Acid (from Calcium D-Pantothenate)	99 mg	990%
Calcium (as Hydrolyzed Soy Protein Chelate)	300 mg	30%
Magnesium (as Hydrolyzed Soy Protein Chelate)	450 mg	113%
Zinc (as Hydrolyzed Soy Protein Chelate)	21 mg	140%
Selenium (from Selenium Amino Acid Chelate)	210 mcg	300%
Copper (from Copper Amino Acid Chelate)	2.1 mg	103%
Manganese (from Manganese Amino Acid Chelate)	4.5 mg	225%
Chromium (from Chromium Amino Acid Chelate)	210 mcg	175%
Molybdenum (from Molybdenum Amino Acid Chelate)	150 mcg	200%
Potassium (as Hydrolyzed Soy Protein Chelate)	75 mg	2%
Citrus Fruit Peel Bioflavonoid Complex	600 mg	†
Inositol	90 mg	†
Choline (from Choline Bitartrate)	72 mg	†
Boron (as Hydrolyzed Soy Protein Chelate)	1,500 mcg	†
Bromelain (3,000 Milk Clotting Units)	1,500 mg	†
Quercetin	1,500 mg	†

† Daily Values not established.

ARNICA MONTANA

Drug Facts

Active Ingredients

Arnica Montana 30X HPUS

Purposes

Anti-Inflammatory

Uses

Temporary relief of bruising, swelling and pain

Warnings

If you are nursing, pregnant, or taking any medications, consult your doctor before use. Discontinue use if any adverse reactions occur.

If symptoms do not subside within 14 days, contact your physician.

KEEP OUT OF REACH OF CHILDREN.

Tamper evident: Do not use if seal is broken or shows any sign of tampering.

Directions

Begin taking Arnica Montana immediately following soft tissue injury or surgery and continue until the bruising and swelling subsides. To ensure proper absorption, do not brush your teeth, eat or drink anything but water 15 minutes before and 15 minutes after taking this product. This product is a sublingual application. Do not handle the tablets. Instead, drop tablets directly under the tongue and let dissolve naturally. Adults: 3 tablets, 3 times a day.

Ingredient

Lactose, Gum Acacia