



Supplement Facts

Serving size 1 vegetarian capsule

Servings per container 90

	Amount Per Serving	%DV
Zinc (as zinc glycinate)	10 mg	91%
Saw Palmetto (<i>Serenoa repens</i>) (berry)	200 mg	*
Pygeum (<i>Prunus africana</i>) (bark)	100 mg	*
Stinging Nettle (<i>Urtica dioica</i>) (leaf)	100 mg	*
Rye Pollen Extract (<i>Secale cereal L.</i>) (flower)	100 mg	*
L-Glycine	85 mg	*
L-Glutamic Acid	85 mg	*
L-Alanine	70 mg	*
Betaine HCl	6 mg	*

*Daily Value (DV) not established.

Other ingredients: Vegetarian capsule (hypromellose), cellulose.