

Ancient Legacy Capsules & Tablets



Item# 67506 - 90 Capsules

MEGA MSM™

Mega MSM™ has been known to be helpful with joint problems, pain, allergies, antioxidant properties, eyes and the prostate.*

Supplement Facts

Serving Size: 1 Capsule Servings per Container: 90

Amount per Serving	% Daily Value*	
Total Carbohydrate	<1%	<1%
Vitamin C (ascorbic acid)	401 mg	670%
Calcium	42 mg	4%
Methylsulfonylmethane	400 mg	†
Grape seed extract (50% proanthocyanidins)	10 mg	†
Soy isoflavone concentrate (10% total isoflavones)	10 mg	†
Lycopene (fruit)	10 mg	†
Turmeric root extract (95% curcuminoids)	10 mg	†
Green tea leaf extract (36% catechin polyphenols)	10 mg	†
Grape seed extract (10-20% anthocyanins)	10 mg	†

* % Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, sodium croscarmellose, magnesium stearate, hydroxypropyl methylcellulose and polyethylene glycol.



Item# 67507 - 60 Caplets

OCEAN'S GOLD™

This blend supports a healthy thyroid, regular heartbeat, normal weight, mood stabilization and hormone levels.*

Supplement Facts

Serving Size: 2 Caplets Servings per container: 30

Amount per Caplet	% Daily Value*	Amount per Caplet	% Daily Value*
Sodium	15 mg 1%*	Proprietary Blend	1,115 mg †
Total Carbohydrate	<1 g <1%*	Bladder wrack (leaf), brown seaweed extract, sea mineral from celtic marine algae, irish moss, atlantic kelp, sea cucumber, seaweed extract, chlorella algae, luminaria algae, dulse algae, red algae, spirulina algae, Co-enzyme Q-10	
Dietary Fiber	<1 g <1%		
Calcium	270 mg 27%		
Iron	0.99 mg 6%		

* % Daily Values are based on a 2,000 calorie diet

† Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, sodium croscarmellose, silicon dioxide, stearic acid, magnesium stearate and hydroxypropyl methylcellulose.