Supplement Facts Serving Size 2 Capsules Servings Per Container 20 & 60 **Amount Per % Daily** Serving Value 2 capsules contain Vitamin C 300 mg 500% (as Ascorbic Acid USP) Quercetin Dihydrate * 400 mg Stinging Nettles Leaf 400 mg Bromelain (2,400 GDU/g) 100 mg (from Pineapple) * N-Acetyl-L-Cysteine USP 50 mg * Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, Silicon Dioxide, and Stearic Acid.