

Premium Nutrition™ Fresh Mountain Air™ caps

Promotes normal breathing and respiration. Helps sustain energy. Aids in overcoming occasional stress and facilitates resistance to fatigue. Helps keep the immune system functioning well.

Directions: As a dietary supplement, take one (1) or two (2) capsules two (2) times daily with or between meals as needed or as directed by your physician.

Supplement Facts:		
Serving Size 4 capsules		
	Amount Per Serving	% Daily Value
Vitamin C (Magnesium Ascorbate)	112mg	167%
Magnesium (Citrate, Ascorbate)	48 mg	12%
Vitamin B6 (Pyridoxal-5' Phosphate)	7mg	350%
Fresh Mountain Air™ blend	852	*
Boswellia Serrata extract (Indian Frankincense gum resin) (70% Boswellic acids), Green Tea extract (95% Polyphenols, 90% Catechins, 70% epigallocatechin (EGCG)) (naturally decaffeinated), American Ginseng (root) (from USA) (1) Rhodiola (root) (2) Ophiopogon (root) (2) Polyporus (Fu Ling) (mushroom) (1), Schisandra (berry) (1), Stinging nettle (leaf) (1), Yerba Mansa (root) (2), Yerba Santa (leaf) (2), Dinella Algae (Dunaliella salina) (natural vegetable source of: Pro-Vitamin A 5,500 IU (Beta Carotene; cis and trans forms) 5mg, Di-Cis-Beta-Carotene 458 mcg. Alpha-Carotene 200 mcg, Cryptoxanthin 56 mcg, Zeaxanthin 28 mcg, Lutein 28 mcg)		
Fresh Mountain Air™ Vital Nutrient Blend	300mg	*
Bromelain (2400 GDU per gram) (from Pineapple), Bioflavonoids (concentrated citrus), NAC (N-Acetyl-Cysteine), L-Leucine.		
Fresh Mountain Air™ Potent Spice Blend	228mg	*
Peppermint (leaf) (1) Holy Basil (Tulsi) (leaf) (1, 3, 4)		
* Daily value not established. Contains less than 2% daily value for phosphorus.		

Other Ingredients: TruVeg™ caps (Plant derived cellulose, water)

1. Certified Organic.
2. Wild harvested.
Therapeutic quantities of noted herbs
3. Not to be used during pregnancy.
4. Long-term therapeutic use is not recommended for this herb.