

THIS IS A GENERAL SUGGESTION FOR INTAKE.

EACH 20oz SERVING OF +ANTI-AGING CONTAINS

11mg of PURE COLLAGEN AND 500mg OF

RESVERATROL.

THE GENERAL SUGGESTION IS THAT ADULTS SHOULD TAKE AROUND **15g** of COLLAGEN PER DAY, AND CAN TAKE UP TO **1,500mg** OF RESVERATROL A DAY.

