

# Alginate Plus

**Bottle Contains 120 Vegetarian Capsules**

**One Capsule provides:**

Calories	0
Calories from Fat	0
Total Fat	0g
Alginate (sodium alginate)	400 mg
Milk Thistle (standardized 80% silymarin)	40 mg

Other ingredients: Silicon Dioxide, Kosher Rice Flour, VegiCap (hypromellose)

**Recommended Usage:** As a dietary supplement, take one capsules three times daily with a full glass of water, or as directed by your health care professional.