

# Allex<sup>®</sup>

(Quercetin with Vitamin C, Glutamine, MSM and Bromelain)

## Ingredients per Tablet

	Amount	% EC RDA
Quercetin	255mg	-
L-Glutamine	250mg	-
Methylsulfonylmethionine (MSM)	250mg	-
Vitamin C	249mg	416
Bromelain (80 GDU)	100mg	-

**Non-active ingredients:**  
Microcrystalline cellulose, silicon dioxide & magnesium stearate

## Nutritional Information per Daily Intake (3 tablets)

	Amount	% EC RDA
Quercetin	765mg	-
L-Glutamine	750mg	-
Methylsulfonylmethionine (MSM)	750mg	-
Vitamin C	748mg	1246.7
Bromelain (240 GDU)	300mg	-

**Ingredients**  
Vitamin C preparation (ascorbic acid with hydroxypropyl methylcellulose), quercetin, l-glutamine, methylsulfonylmethionine, bulking agent (microcrystalline cellulose), bromelain, silicon dioxide, anti-caking agent (magnesium stearate).

## Recommended Intake

3 tablets daily with food a day, or 6 tablets for immediate relief, or as professionally directed.

## Allergen Information

None

## Contraindications

Do not take if pregnant, planning a pregnancy or breastfeeding. If you are under medical supervision, please consult a doctor before use.