

# HOLORAM<sup>®</sup>



## Alegrum

Dietary Supplement

60 Capsules  
Net Weight 1,3 oz (36 g)



EQUALUD

### Supplement Facts

Serving size: 2 capsules

Servings Per Container: 30

Amount Per serving	% Daily Value*
<b>Total carbohydrate 1 g</b>	‡
Calcium (as Calcium phosphate) 4 mg	‡
Phosphorus (as Calcium phosphate) 2 mg	‡
Manganese (as Manganese gluconate) 0,5 mg	25%
Maca ( <i>Lepidium meyenii</i> Walp.) (root) 270 mg	†
Asian ginseng ( <i>Panax ginseng</i> C.A. Mey.) (root) 160 mg	†
Hawthorn ( <i>Crataegus oxyacantha</i> auct.) (flower) 120 mg	†
Tryptophan (as L-Tryptophan) 80 mg	†
St John's wort ( <i>Hypericum perforatum</i> L.) (flowering top) 70 mg	†
Ginkgo ( <i>Ginkgo biloba</i> L.) (leaves) 70 mg	†
Arginine ( as L-Arginine) 52 mg	†
Tyrosine (as L-Tyrosine) 40 mg	†
Serine (as L-Serine) 30 mg	†
Adenosine triphosphate 3 mg	†
Adenosine monophosphate 3 mg	†
Adenosine diphosphate 0,3 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

† Daily Value Not established

‡ Contain less than 2 percent of the Daily Value of this nutrient

Not a significant source of Total fat, Saturated fat, Trans fat, Cholesterol, Sodium, Dietary fiber, Sugars, Protein, Vitamin A, Vitamin C and Iron.

Other ingredients: Pullulan, Microcrystalline cellulose, Magnesium stearate.

Manufactured in Spain (EU) by Equisalud SLU

Distributed by Equisalud LLC

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Questions or comments? Please call toll free 1-866-865-3040

Website: [www.equisalud.com](http://www.equisalud.com)

**SUGGESTED USE:** As a Dietary Supplement take 2 capsules daily. Take one capsule before breakfast and one capsule before lunch.

Do not exceed the stated recommended daily dose.

**WARNING:** Consult your health care practitioner before taking if pregnant or nursing. Keep out of reach of children.

Store in a cool, dry place, in the original capsule container and keep it tightly closed.

**BATCH NUMBER/ BEST BEFORE END:**  
See container.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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