

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%Daily Value
Calcium	20mg	2%
Iron	3mg	15%
Cleansing Mineral Blend	1,300mg	+
Montmorillonite Clay, Shilajit		
Digestive Support Blend	429mg	+
Saccharomyces boulardii, Bacillus coagulans, Bacillus subtilis, Prebiotic Blend (Myoviridae T4, Myoviridae LH01, Myoviridae LL12, Siphoviridae LL5)		

+ Daily Value not established.

Terra Firma

Ingredients: Cleansing Mineral Blend (Montmorillonite Clay, Shilajit), Digestive Support Blend (*Saccharomyces boulardii*, *Bacillus coagulans*, *Bacillus subtilis*, Prebiotic Blend [Myoviridae T4, Myoviridae LH01, Myoviridae LL12, Siphoviridae LL5]), Rice Bran, Cellulose (capsule), Maltodextrin, Medium Chain Triglycerides.

Contains fermented soy.

Suggested Use: Adults take 3 capsules daily on an empty stomach upon waking, bedtime or 20-30 minutes before a meal. Not intended for children, pregnant or nursing women.