

Nutritional Information - Full Performance Fitness Inc.
1st Step for Energy - Liquid Joint Formula

Supplement Facts	
Serving Size: 1 oz.(30ml) Servings per container: 16	
Amount Per Serving	
Calories	10
Total Fat	0
Sodium	0
Carbohydrates	2.5 mg
Sugars	3g
Protein	1g
Chondroitin	600 mg
Glucosamine	1000mg
Other ingredients: Purified water, fructose, citric acid, fruit punch concentrate, potassium sorbate, sodium benzoate.	

Train Like a Champion