Vitamin C (from Acerola Powder and as Ascorbic Acid), Biotin, AminoMar® Marine Complex, Apple Extract Powder (Procyanidin B-2), L-Cystine, L-Methionine, Microcrystalline Cellulose, Maltodextrin, Hydroxypropyl Methyl Cellulose, Magnesium Stearate, Silicon Dioxide, Artificial Orange Flavoring, Modified Starch, Glycerol.

Allergy advice: Contains fish (shark) and shellfish (oyster extract powder). Contains Methyl Cellulose