

Potencies verified by GNC procedure #5015. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten, No Dairy, Yeast Free.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.

For more information:  
1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

**ACTUAL SIZE**

**GNC QUALITY COMMITMENT**

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

**GNC GUARANTEE**

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



## HAIR, SKIN & NAILS FORMULA

GNC Hair, Skin & Nails Formula is a specialty nutritional formula scientifically designed to promote beauty from the inside out.\* Adequate intake of essential nutrients such as biotin, lutein, and amino acids, along with important antioxidants, helps support beautiful hair, skin and nails.\*

### Biotin

- Supports normal cell growth in the hair, skin and nails matrix.\* Biotin is an essential vitamin known to promote beautiful hair, skin and nails.\* Each serving features 3,000 mcg of biotin.

### Lutein

- Helps support skin hydration.\* Lutein is an important carotenoid antioxidant for healthy skin that helps protect cells from harmful free radicals.\*

### Gelatin and Amino Acids

- Combines gelatin with the amino acids L-cysteine and L-methionine. Gelatin is a rich source of amino acids, which are the building blocks of proteins. Proteins are needed for strong, healthy nails and the growth and repair of tissue.\*

### Antioxidant Protection

- Provides antioxidant nutrients that protect the body from harmful free radicals that promote the cell-aging process.\* Includes alpha-Lipoic acid which helps regenerate antioxidants.\*

\* 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.



# HAIR, SKIN & NAILS FORMULA

Dietary Supplement

## SUPPORTS BEAUTY FROM WITHIN

- 3,000 mcg of biotin to support healthy hair, skin and nails
- Lutein for healthy skin hydration\*
- Gelatin and amino acids for strong, healthy nails\*
- Antioxidants to fight cell aging\*

120 CAPLETS

CODE 297722 ILG  
Directions: As a dietary supplement, take two caplets daily with food.

## Supplement Facts

Serving Size Two Caplets Servings Per Container 60		
Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU	100%
Vitamin C (as Calcium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol D-3)	200 IU	50%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Folic Acid	200 mcg	50%
Biotin	3000 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	13.5 mg	135%
Calcium (as Calcium Carbonate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	100 mg	10%
Zinc (as Zinc Oxide)	15 mg	100%
L-Cysteine	200 mg	*
MSM (Methylsulfonyl-methane)	100 mg	*
Hydrolyzed Gelatin	100 mg	*
L-Methionine	50 mg	*
alpha-Lipoic Acid	10 mg	*
DMAE (Dimethylaminoethanol)	10 mg	*
Green Tea Leaf Extract (Camellia sinensis)	10 mg	*
Horsetail Rush Stems (Equisetum arvense)	3 mg	*
Boron (as Boron Citrate)	1 mg	*
Pantethine	1500 mcg	*
Lutein (as Lutein Esters)	500 mcg	*

\* Daily Value not established.

**Other Ingredients:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Vanilla Flavor, Chlorophyll, Sucralose.

**CONTAINS: Fish and Soybeans.**

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.