

**Directions:** For best results, take 2 capsules daily with a meal. Do not exceed 4 capsules daily.

**Note:** If you are diabetic, pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*\*\*Minerals supplied by Albion Labs

\*\*\*\*Registered trademark of Sabinsa

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## Daily Essentials

# DR. HOTZE'S *Hair, Skin and Nails Formula*

Dietary Supplement  
60 Capsules



**PHYSICIAN'S PREFERENCE®**

### Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

| Amount Per Serving   |          | % Daily Value |
|--|----------|---------------|
| Vitamin A (100% as beta-carotene)  | 5,500 IU | 110%          |
| Vitamin C (as calcium ascorbate)   | 70mg     | 117%          |
| Vitamin E (as d-alpha tocopheryl succinate)  | 35 IU    | 117%          |
| Biotin   | 350mcg   | 117%          |
| Iodine (from kelp)   | 155mcg   | 103%          |
| Zinc (as amino acid chelate)   | 15mg     | 100%          |
| Selenium (as amino acid complex)   | 75mcg    | 107%          |
| L-Cysteine (from L-Cysteine HCl)   | 50mg     | *             |
| L-Methionine   | 50mg     | *             |
| Borage oil   | 12.5mg   | *             |
| (naturally occurring Essential Fatty Acids)  |          |               |
| Flaxseed oil   | 7mg      | *             |
| (naturally occurring Essential Fatty Acids)  |          |               |
| Silica (from Horsetail Extract)  | 2mg      | *             |
| Hydrolyzed Collagen Complex<br>(Type II, Hyaluronic Acid and Chondroitin Complex)            | 250mg    | *             |
| MSM  | 50mg     | *             |
| 74 Trace Mineral Blend   | 5mg      | *             |
| Astaxanthin  | 250mcg   | *             |
| Proprietary Blend:   | 52.5mg   | *             |
| White Tea Extract (80% Polyphenols),<br>Oat Bran, Milk Thistle (seed), Black pepper extract. |          |               |

\*Daily Value not established.

**Other ingredients:** Rice flour, gelatin, magnesium stearate, silica.