

Gluten Free

NO Dairy

NO Yeast

NO Artificial Flavors

DO NOT USE
IF PRINTED
SEAL UNDER
CAP IS
BROKEN OR
MISSING

onesource[®]
COMPLETE[™]

✓ Biotin ✓ Gelatin

Hair, Skin & Nails Multi

**Beauty & Wellness
Formula for Women**

60 Coated Caplets
Dietary Supplement

Supplement Facts

Serving Size 2 Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 5		Zinc 15 mg	100%
Total Carbohydrate 1 g	< 1%*	Boron 1 mg	†
Vitamin A 5000 IU	100%	MSM (Dimethyl Sulfone) 100 mg	†
Vitamin C 120 mg	200%	Hydrolyzed Gelatin 100 mg	†
Vitamin D ₃ 200 IU	50%	L-Cysteine 100 mg	†
Vitamin E 60 IU	200%	L-Methionine 50 mg	†
Thiamin 1.5 mg	100%	Horsetail Extract (aerial parts) 2 mg	†
Riboflavin 1.7 mg	100%	(<i>Equisetum arvense</i>)	
Niacin 20 mg	100%	Lutein 500 mcg	†
Folic Acid 200 mcg	50%		
Biotin 2500 mcg	833%		
Calcium 200 mg	20%		
Phosphorus 100 mg	10%		

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

INGREDIENTS: Calcium Citrate Malate, Dicalcium Phosphate, Microcrystalline Cellulose, Ascorbic Acid, L-Cysteine, Hydrolyzed Gelatin, Dimethyl Sulfone (MSM), Hypromellose, d-Alpha Tocopheryl Succinate, L-Methionine, Stearic Acid, Croscarmellose Sodium, Niacinamide, Boron Citrate, Zinc Oxide, Titanium Dioxide, Silicon Dioxide, Maltodextrin, Polyethylene Glycol, Magnesium Stearate, Polysorbate 80, Vegetable Acetoglycerides, Biotin, Vitamin A Acetate, Thiamin Mononitrate, Horsetail Rush Extract, Riboflavin, FD&C Yellow No. 5 Lake, Carnauba Wax, FD&C Blue No. 1 Lake, Lutein, Folic Acid, Cholecalciferol. **CONTAINS: SOY**

Caution: Do not take this product if you are pregnant or nursing a baby. If you are taking any medication, are planning any medical procedure or have a medical condition or if you are allergic to sulfur, consult your doctor before taking this product. If adverse reactions occur, discontinue use and consult your doctor.

KEEP OUT OF REACH OF CHILDREN

DIRECTIONS: As a dietary supplement for adults, take two caplets daily with food.

Store at room temperature (59°-86°F).

Questions or comments?

1-866-293-5835

**UNCONDITIONALLY GUARANTEED BY
REFUND OR REPLACEMENT**

DISTRIBUTED BY PERRIGO CO.,
ALLEGAN, MI 49010 U.S.A.

▼19 Nutrients

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