

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. *We guarantee it!*



No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

*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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

TO REORDER PROD. #7584
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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NEW IMPROVED FORMULA

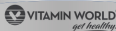
HAIR · SKIN · NAILS

NATURALLY INSPIRED®

*Plus Collagen/Gelatin
Vibrant Skin, Healthy Hair,
Strong Nails**

*With 29 Key Ingredients
3000 mcg of Biotin per serving*

120 VITAMIN SUPPLEMENT
COATED CAPLETS



Directions: For adults, take three (3) caplets daily, preferably with meals.

Supplement Facts

Serving Size 3 Caplets	Servings Per Container 40	
Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol)	100 IU	25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	2 mg	118%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Biotin (as d-Biotin)	3,000 mcg (3 mg)	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	710 mg	71%
Iron (as Ferrous Gluconate)	3 mg	17%
Phosphorus (as Dicalcium Phosphate)	150 mg	15%
Iodine (as Potassium Iodide)	112.5 mcg	75%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	12.5 mcg	19%
Manganese (as Manganese Gluconate)	5 mg	250%
Sodium	10 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	**
Choline Bitartrate	25 mg	**
Inositol	30 mg	**
Citrus Bioflavonoids (Citrus spp.) (orange) (fruit)	25 mg	**
Rutin	12.5 mg	**
Horsetail (Equisetum arvense) (aerial)	3 mg	**
Betaine Hydrochloride	25 mg	**
Collagen (Hydrolyzed Gelatin)	45 mg	**
Chlorophyll (as Sodium Copper Chlorophyllin)	5 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.