



Hair, Skin & Nails

Dietary Supplement

60 tablets



- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet two times per day with water.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Choline (as choline bitartrate)	50 mg 9%
MSM (methylsulfonylmethane)	700 mg *
Horsetail Grass Stem Extract (Equisetum arvense) (standardized to 8% silica)	250 mg *
L-Cysteine (as L-cysteine HCl)	100 mg *
Inositol	25 mg *
PABA (para-aminobenzoic acid)	25 mg *

* Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, magnesium stearate, croscarmellose sodium, silica, food glaze, magnesium silicate.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE **1-800-437-4148**
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