



hair, skin and nails

hair^v | skin^v | nails^v
antioxidants^v

specialty
120 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 40

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg 10000 IU	167%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	5 mcg 200 IU	25%
Vitamin E (as d-alpha tocopherol succinate)	25 mg 30 IU	167%
Thiamine (Vitamin B1) (as thiamine mononitrate)	10 mg	833%
Riboflavin (Vitamin B2)	10 mg	769%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	16 mcg	667%
Biotin	400 mcg	1333%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Calcium (as calcium carbonate)	70 mg	5%
Iron (as iron chelate)	5 mg	28%
Iodine (as potassium iodide)	180 mcg	120%
Magnesium (as magnesium oxide)	200 mg	48%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as selenium amino acid chelate)	25 mcg	45%
Manganese (as manganese amino acid chelate)	10 mg	435%
Potassium (as potassium citrate)	10 mg	0%
Choline (as choline bitartrate)	150 mg	27%

	Amount Per Serving	% Daily Value
Inositol	60 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Citrus Bioflavonoid Complex (Citrus aurantium)(fruit) std. to 50% Hesperidin (35 mg)	70 mg	*
Bromelain (from pineapple)(2400 GDU/g)	10 mg	*
Betaine HCl	50 mg	*
Papain (from papaya)(2000 USP units/mg)	50 mg	*
L-Cysteine (as L-cysteine HCl)	150 mg	*
DL-Methionine	100 mg	*
Gelatin (from collagen)(bovine)	250 mg	*
Horsetail (Equisetum arvense)(herb) std. to 7% silica (17 mg)	250 mg	*
Echinacea purpurea (root)	75 mg	*

* Daily Value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, glycerin.

Does not contain: Wheat, Gluten, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

⚠ 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.

STORE IN A COOL,
DRY PLACE.
KEEP OUT OF
REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.

Item No. VS-2989 1967496
K R
7 66536 02989 1