

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, 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 at room temperature. Keep bottle tightly closed.

FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

SPRING VALLEY™

Hair, Skin & Nails

Over 20 key ingredients including Biotin and Antioxidants

♀ COLLAGEN SUPPORT*

DIETARY SUPPLEMENT

240 CAPLETS

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 80

Amount Per Serving		% Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Vitamin E (as dl-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	1,000%

OTHER INGREDIENTS: Cellulose (Plant Origin). Contains <2% of: Cellulose Coating, Croscarmellose, Gelatin, Maltodextrin, Mannitol, Natural Palm Leaf Glaze, Polysorbate 80, Silica, Triacetin, Vegetable Magnesium Stearate. **CONTAINS: FISH (COD, CUSK, FLOUNDER, HADDOCK, HAKE, POLLOCK, REDFISH, SOLE) INGREDIENTS.**

Hair, Skin & Nails provides a combination of nutrients that support healthy hair, skin and nails.*

*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.

Amount Per Serving		% Daily Value
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	90 mg	9%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Manganese (as Manganese Gluconate)	2 mg	100%
PABA (Para-Aminobenzoic Acid)	10 mg	†
Choline Bitartrate	10 mg	†
Inositol	30 mg	†
Citrus Bioflavonoid / Rutin Complex	38 mg	†
Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg	†
Collagen (Hydrolyzed Gelatin)	50 mg	†

†Daily Value not established.

SUGGESTED USE: Adults, take three caplets daily, preferably with a meal.

NO

Gluten, Yeast, Wheat, Milk or Milk Derivatives, Lactose, Sugar, Preservatives, Artificial Color, Artificial Flavor, Sodium (less than 5 mg per serving)

• **QUALITY GUARANTEED** •

For questions or comments call 1-866-251-1662.

DISTRIBUTED BY:

Wal-Mart Stores, Inc.,
Bentonville, AR 72716

Item No. 57783
B52181W 00A

FRESHNESS AND POTENCY GUARANTEED THROUGH: