

21ST
CENTURY.

healthy renewal formula™

EXTRA STRENGTH

Hair, Skin & Nails

Antioxidants A, C & E
Plus B-Complex Vitamins & Minerals



5000 mcg of Biotin
PER SERVING

90 TABLETS | MULTIVITAMIN SUPPLEMENT

*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.

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
501337-0816



EXTRA STRENGTH

Hair, Skin & Nails

Other Ingredients: Cellulose, Croscarmellose Sodium, Hydroxypropyl Cellulose, Silica, Silicon Dioxide, Magnesium Stearate, Polyvinyl Alcohol, Talc, Gelatin, PEG, Starch, Sucrose, Polyacrylate, BHT, Vegetable Oil, Water, Ascorbyl Palmitate, Gum Arabic, BHA.

Supplement Facts

Serving Size: 3 Tablets / Servings Per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	372 mg 37%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Phosphorus (as Dicalcium Phosphate)	180 mg 18%
Vitamin D ₃ (as Cholecalciferol)	1,000 IU 250%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU 30%	Zinc (as Zinc Gluconate)	7.5 mg 30%
Thiamin (Vitamin B ₁) (as Thiamin Hydrochloride)	5 mg 333%	Manganese (as Manganese Gluconate)	2 mg 100%
Riboflavin (Vitamin B ₂)	2 mg 118%	PABA (Para-Aminobenzoic Acid)	10 mg **
Niacin (as Nicotinamide)	25 mg 125%	Choline Bitartrate	10 mg **
Vitamin B ₆ (as Pyridoxine Hydrochloride)	5 mg 250%	Inositol	30 mg **
Folic Acid	200 mcg 50%	Citrus Bioflavonoid / Rutin Complex	38 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Horsetail Powder (Equisetum arvense) (aerial)	3 mg **
Biotin (as d-Biotin)	5,000 mcg 1667%	Collagen Hydrolyzed Gelatin	50 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%		
		Daily Value (DV) not established.	



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Directions: As a dietary supplement, adults take three (3) tablets daily with a meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur. Not intended for use by persons under the age of 18.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Salt, Yeast or Artificial Flavors.

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Hair, Skin & Nails

DISCOVER BEAUTIFUL SUPPORT

21ST Century® Healthy Renewal Formula™ Extra Strength Hair, Skin & Nails works to help support your natural beauty from within.* Biotin and Vitamins A, C, E are the nutrients needed to promote lustrous hair, strong nails and vibrant skin.*



Biotin is important for the maintenance of healthy skin and hair and supports nail growth.*



Vitamin A promotes a healthy cellular membrane for healthier skin and overall health.*



Vitamin C is an antioxidant that slows the rate of free-radical damage to promote vibrant skin.*



Vitamin E helps red blood cells form and contributes to skin health.*

Use Hair, Skin & Nails to Support:

- Skin Moisture Level*
- The Fullness of Hair*
- Nail Strength & Health*

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