

21ST CENTURY.

healthy renewal formula™

ADVANCED FORMULA

Hair, Skin & Nails

Herbs, Vitamins and Minerals



Hair, Skin & Nail Support*

50 TABLETS | DIETARY SUPPLEMENT



Directions: As a dietary supplement, adults take one (1) tablet with any meal, twice daily 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 Artificial Flavors.

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.

*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.



Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
500078-0118N



Hair, Skin & Nails

Other Ingredients: Cellulose, Stearic Acid, Silicon Dioxide, Maltodextrin, Croscarmellose Sodium, Contains <2% of: Artificial Colors (FD&C Blue #2, Carmine, FD&C Red #40), Ascorbyl Palmitate, BHA, BHT, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Stearate, PEG, Polyvinyl Alcohol, Starch, Sucrose, Talc, Titanium Dioxide, Vegetable Oil, Water. Contains soy and fish (DNA). 500078-0118N

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Palmitate)	750 mcg RAE 80%	Magnesium (as Magnesium Oxide)	20 mg 20%
Vitamin C (as Ascorbic Acid)	50 mg 60%	Zinc (as Zinc Gluconate)	0.8 mg 4%
Vitamin D ₃ (as Cholecalciferol)	1.2 mcg 6%	Manganese (as Manganese Sulfate)	0.6 mg 25%
Vitamin E (as d-alpha Tocopheryl Acetate)	25 mg 170%	Potassium (as Potassium Iodide & Potassium Sulfate)	5 mg <1%
Thiamin (as Thiamin Mononitrate, B-1)	5 mg 420%	Biotin	10 mg **
Riboflavin (Vitamin B-2)	5 mg 360%	Inositol	10 mg **
Niacin	7.5 mg 45%	PLGA	10 mg **
Vitamin B-6 (as Pyridoxine HCl)	6.5 mg 360%	PLGA	10 mg **
Folate	42 mcg DFE 10% (25 mcg Folic Acid)	PLGA	10 mg **
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,040%	Tyrosine	7.2 mg **
Biotin	25 mcg 80%	Cysteine HCl	3.5 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%	Soy Protein (Amino Acid Blend)	50 mg
Choline (Bitartrate)	25 mg 4%	Glutamic Acid, Lysine, Leucine, Aspartic Acid, Isoleucine, Valine, Alanine, Arginine, Histidine, Serine, Threonine, Glycine, Ornithine HCl	
Calcium (as Dicalcium Phosphate & Calcium Carbonate)	125 mg 10%	Proprietary Herbal Support Blend (310 mg)	
Iron (as Ferrous Fumarate)	3.3 mg 20%	Brewer's Yeast, Soy Protein, Horsetail Leaf, Parsley Leaf, Rose Hips, Watercress, Kelp, Citrus Bioflavonoids, Lecithin, Rutin	
Phosphorus (as Dicalcium Phosphate)	58 mg 4%		
Iodine (as Potassium Iodide)	150 mcg 100%		

** Daily Value not established.