

Amount Per Serving	% Daily Value	
MSM (methylsulfonylmethane).....	125 mg	*
L-methionine.....	50 mg	*
Citrus bioflavonoid complex.....	50 mg	*
Alpha lipot acid.....	50 mg	*
Silica.....	50 mg	*
Choline.....	25 mg	*
Inositol.....	25 mg	*
Grape seed extract (ActiVrP).....	15 mg	*

* Daily Value not established.

Other Ingredients: Dibasic calcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), modified cellulose gum, natural vanilla extract and glycerin.

SUGGESTED USE: Take one tablet daily with meals.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0036

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.

† 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.



HAIR, SKIN & NAILS MULTI

Supports Healthy Hair, Skin and Nails†

Dietary Supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-carotene, 50% as palmitate).....	2,500 IU	50%
Vitamin C (as ascorbic acid).....	100 mg	95%
Vitamin D5 (as cholecalciferol).....	200 IU	50%
Vitamin E (as d-alpha-tocopheryl succinate).....	15 IU	50%
Thiamin (as thiamin mononitrate).....	5 mg	333%
Riboflavin.....	5 mg	294%
Niacin (as niacinamide).....	10 mg	50%
Vitamin B6 (as pyridoxine HCl).....	5 mg	250%
Folic Acid.....	200 mcg	50%
Vitamin B12 (as cobalamin).....	7.5 mcg	125%
Biotin.....	1,000 mcg	333%
Pantothenic Acid (as D-calcium pantothenate).....	15 mg	150%
Calcium (from di-calcium phosphate).....	100 mg	10%
Iron (from ferrous fumarate).....	5 mg	20%
Phosphorus (from di-calcium phosphate).....	77 mg	8%
Magnesium (from magnesium oxide).....	50 mg	10%
Zinc (from zinc gluconate).....	12.5 mg	83%
Selenium (from selenomethionine).....	100 mcg	140%
Copper (from copper gluconate).....	1 mg	50%
Manganese (from manganese gluconate).....	5.5 mg	25%
Chromium (from chromium chloride).....	100 mcg	80%
Molybdenum (from sodium molybdate).....	25 mcg	33%
Potassium (from potassium chloride).....	25 mg	1%

KEEP OUT OF REACH OF CHILDREN.

VI, 5456

