

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. *We guarantee it!*



No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical 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. Do not use if seal under cap is broken or missing.

*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.

TO REORDER PROD. #7584
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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B52181 06D

NEW IMPROVED FORMULA

HAIR · SKIN · NAILS

NATURALLY INSPIRED®

*Vibrant Skin, Healthy Hair,
Strong Nails**

*With Over 20 Key Ingredients
3000 mcg of Biotin per serving*

120 COATED CAPLETS
VITAMIN SUPPLEMENT



DIRECTIONS: For adults, take three (3) caplets daily, preferably with a meal.

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

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 (3 mg) 1,000%
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.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Gelatin, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.