



ACTUAL
SIZE

beauty + wellness hair, skin and nails supplement

antioxidants help fight cell-damaging free radicals**



60 CAPLETS
DIETARY SUPPLEMENT



**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.

Directions: As a dietary supplement for adults, take two caplets daily with food.

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Total Carbohydrate < 1 g	< 1%*	Phosphorus 100 mg	10%
Vitamin A 5000 IU	100%	Zinc 15 mg	100%
Vitamin C 120 mg	200%	Selenium 12.5 mcg	18%
Vitamin D 1000 IU	250%	Sodium 5 mg	< 1%
Vitamin E 60 IU	200%	Boron 1 mg	†
Thiamin (Vitamin B1) 1.5 mg	100%	Methylsulfonylmethane (MSM) 100 mg	†
Riboflavin (Vitamin B2) 1.7 mg	100%	Gelatin 145 mg	†
Niacin 20 mg	100%	Lutein 500 mcg	†
Folic Acid 200 mcg	50%	*Percent Daily Values are based on a 2,000 calorie diet.	
Biotin 3000 mcg	1000%	†Daily Value (DV) not established.	
Calcium 200 mg	20%		

Ingredients: Calcium Citrate, Dicalcium Phosphate, Microcrystalline Cellulose, Gelatin, Ascorbic Acid, Methylsulfonylmethane (MSM), dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Stearic Acid, Polyvinyl Alcohol, Magnesium Stearate, Niacinamide, Silicon Dioxide, Polyethylene Glycol, Zinc Oxide, Titanium Dioxide Color, Talc, Hypromellose, Sodium Borate, Biotin, FD&C Blue No. 1 Aluminum Lake, Vitamin A Acetate, FD&C Yellow No. 5 Aluminum Lake, Thiamine Mononitrate, Riboflavin, Lutein, Folic Acid, FD&C Red No. 40 Aluminum Lake, Sodium Selenate, Cholecalciferol.

**DO NOT USE IF PRINTED SEAL
UNDER CAP IS BROKEN OR MISSING**

Caution: Do not take this product if you are pregnant or nursing a baby. If you are taking any medication, are planning any medical procedure or have a medical condition, consult your doctor before taking this product. Avoid this product if you have allergies to sulfur. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN.

Store at room temperature (59°F-86°F).

Questions? Call 1-888-547-7400

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**GLUTEN
FREE**

**CODE
AREA**

• no varnish • no color

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