

Prod. No. 80807  
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US ONLY

Discard Seal & Empty Before Recycling

Check Locally\*

PLASTIC BOTTLE

how2recycle.info

\*Not recycled in all communities

0 30768 07584 2



GLUTEN  
FREE  
DAIRY  
FREE

# HAIR, SKIN & NAILS

5000MCG BIOTIN PER SERVING

Supports Health and Beauty\*

120 Caplets | Multi-Vitamin Supplement

DIRECTIONS: FOR ADULTS, TAKE THREE (3) CAPLETS DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

| Supplement Facts                                          |                   |         |
|-----------------------------------------------------------|-------------------|---------|
| Serving Size 3 Caplets<br>Servings Per Container 40       |                   |         |
| Amount Per Serving                                        | %Daily Value      |         |
| Vitamin A<br>(as Vitamin A Palmitate)                     | 1,500 mcg         | 167%    |
| Vitamin C<br>(as Ascorbic Acid)                           | 60 mg             | 67%     |
| Vitamin D<br>(as D3 Cholecalciferol)                      | 25 mcg (1,000 IU) | 125%    |
| Vitamin E<br>(as dl-Alpha Tocopheryl Acetate)             | 6.7 mg            | 45%     |
| Thiamin (Vitamin B-1)<br>(as Thiamin Hydrochloride)       | 5 mg              | 417%    |
| Riboflavin (Vitamin B-2)                                  | 5 mg              | 385%    |
| Niacin (as Niacinamide)                                   | 25 mg             | 156%    |
| Amount Per Serving                                        | %Daily Value      |         |
| Vitamin B-6<br>(as Pyridoxine Hydrochloride)              | 5 mg              | 294%    |
| Folate<br>(200 mcg folic acid)                            | 333 mcg DFE       | 83%     |
| Vitamin B-12<br>(as Cyanocobalamin)                       | 8 mcg             | 333%    |
| Biotin (as d-Biotin)                                      | 5,000 mcg         | 16,667% |
| Pantothenic Acid<br>(as d-Calcium Pantothenate)           | 15 mg             | 300%    |
| Calcium<br>(as Dicalcium Phosphate and Calcium Carbonate) | 255 mg            | 20%     |
| Phosphorus<br>(as Dicalcium Phosphate)                    | 128 mg            | 10%     |
| Magnesium<br>(as Magnesium Oxide)                         | 50 mg             | 12%     |
| Zinc (as Zinc Gluconate)                                  | 7.5 mg            | 68%     |

| Amount Per Serving                                 | %Daily Value |     |
|----------------------------------------------------|--------------|-----|
| Manganese<br>(as Manganese Gluconate)              | 2 mg         | 87% |
| PABA (Para-Aminobenzoic Acid)                      | 10 mg        | **  |
| Choline Bitartrate                                 | 10 mg        | **  |
| Inositol                                           | 30 mg        | **  |
| Ribonucleic Acid (RNA)                             | 10 mg        | **  |
| Citrus Bioflavonoid /<br>Rutin Complex             | 38 mg        | **  |
| Horsetail<br>( <i>Equisetum arvense</i> ) (aerial) | 3 mg         | **  |
| Hydrolyzed Collagen                                | 50 mg        | **  |
| Alpha Lipoic Acid                                  | 10 mg        | **  |

\*\*Daily Value not established.

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

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

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free1-888-VITAHELP (848-2435)

\*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.

**WARNING:** If you are pregnant, nursing, taking any medications, have any medical condition, planning any medical or surgical procedure, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Manufactured by REXALL SUNDOWN, INC. Boca Raton, FL 33487 USA

**Clean Nutrition**  
Sundown® believes in clean nutrition and being transparent. That's why you won't find genetically modified ingredients, gluten, wheat, dairy, lactose or artificial flavors in ANY of our products.

- Non-GMO • No Gluten • No Wheat • No Milk
- No Lactose • No Artificial Color • No Artificial Flavor • No Preservatives • No Sugar • No Peanuts
- No Tree Nuts • No Shellfish • Sodium Free