

*Carlson*

# Hair, Skin & Nails Gummies

**Biotin • Collagen • Antioxidants**

Natural  
Mixed Berry  
Flavor

DIETARY SUPPLEMENT

✓ Healthy Hair\* ✓ Vibrant Skin\* ✓ Strong Nails\*

**20 Gummies**

## Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 10

|                                             | Amount Per Serving | % DV**  |
|---------------------------------------------|--------------------|---------|
| Calories                                    | 20                 |         |
| Total Carbohydrate                          | 4 g                | 1%**    |
| Total Sugars                                | 3 g                | †       |
| Includes 3 g Added Sugars                   |                    | 6%**    |
| Vitamin C (as ascorbic acid)                | 80 mg              | 89%     |
| Vitamin E (from d-alpha tocopheryl acetate) | 14 mg              | 93%     |
| Biotin (as d-biotin)                        | 3,000 mcg          | 10,000% |
| Zinc (from zinc citrate)                    | 5 mg               | 45%     |
| Selenium (from sodium selenite)             | 55 mcg             | 100%    |
| Hydrolyzed Collagen Types 1 & 3             | 50 mg              | †       |

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

Other Ingredients: Water, tapioca syrup, sugar, pectin, sodium citrate, tapioca starch, citric acid, natural flavors, vegetable juice for color, sunflower oil, carnauba wax, maltodextrin.

**Hair, Skin & Nails Gummies** provide biotin, collagen, and a variety of powerful antioxidants to promote healthy, beautiful hair, skin, and nails.\* The gummies have a delicious mixed berry flavor, with hints of strawberries, blackberries, blueberries, and raspberries, making it easier than ever to nourish our natural beauty from within.\*

**Directions:** Adults: chew two gummies daily. Keep bottle tightly closed. Store away from heat and moisture.

✓ **Gluten-free**  
✓ **No Artificial Preservatives**

**POTENCY & QUALITY GUARANTEED**

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