

# HAIR, SKIN & NAILS

healthy hair, skin and nails<sup>▼</sup>

antioxidant support<sup>▼</sup>

**SPECIALTY**

**Dietary Supplement 120 Tablets**



Dairy-Free



Soy-Free



Nut-Free

actual size

## Supplement Facts

Serving Size 3 Tablets  
Servings Per Container 40

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	3000 mcg RAE (10,000 IU)	333%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	5 mcg (200 IU)	25%
Vitamin E (as d-alpha-Tocopheryl Acid Succinate)	20 mg	133%
Thiamine (Vitamin B1) (as thiamine mononitrate)	10 mg	833%
Riboflavin (Vitamin B2)	10 mg	769%
Niacin (as niacinamide)	50 mg NE	313%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	16 mcg	667%
Biotin	400 mcg	1333%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Choline (as choline bitartrate)	150 mg	27%
Calcium (as calcium carbonate)	70 mg	5%
Iron (as iron ferrous rice chelate)	6 mg	33%
Iodine (as potassium iodide)	180 mcg	120%
Magnesium (as magnesium oxide)	200 mg	48%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (from selenium rice chelate)	25 mcg	45%
Manganese (as manganese amino acid chelate)	10 mg	435%
Potassium (as potassium citrate)	10 mg	<1%

	Amount Per Serving	% Daily Value
Gelatin (from bovine)	250 mg	*
Horsetail ( <i>Equisetum arvense</i> )(herb std. to 7% silica (17 mg))	250 mg	*
L-Cysteine (as L-cysteine HCl)	150 mg	*
DL-Methionine	100 mg	*
<i>Echinacea purpurea</i> (root)	75 mg	*
Citrus Bioflavonoid Complex ( <i>Citrus aurantium</i> )(fruit) std. to 50% Hesperidin (35 mg)	70 mg	*
Inositol	60 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Betaine HCl	50 mg	*
Papain ( <i>Carica papaya</i> )(2000 USP units/g)	50 mg	*
Bromelain (from pineapple)(2400 GDU/g)	10 mg	*

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline cellulose, stearic acid, maltodextrin, croscarmellose sodium, magnesium stearate, starch, calcium sulfate, silica, hydroxypropyl methylcellulose, polyethylene glycol.

<sup>▼</sup> 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.

**DIRECTIONS:** Take three (3) tablets daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**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.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

**TAMPER EVIDENT**

Do not use if outer seal is broken or missing.

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or call 1-866-293-3367.

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