

Manufactured for CHK Nutrition
3930 E Calvary Rd
Duluth, MN 55803

Suggested Use: Take 1 capsule up to three times daily.

Note: If you have any health conditions or are taking any medications, consult your healthcare practitioner before using this product.

Keep out of reach of children.
Store in a cool, dry place.

Manufactured in a cGMP certified facility.
Made in USA from domestic and foreign materials.



New Day. Fresh Start. Better Health.

Hair, Skin & Nails

90 Vegan Capsules
Dietary Supplement



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Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	% Daily Value	
Biotin (as d-biotin)	2000mcg	667%
Methylsulfonylmethane (MSM)	300mg	*
Carrot (root)	100mg	*
Gotu Kola Extract (whole plant) (10% triterpenes, 7mg)	70mg	*
Dandelion (root)	50mg	*
Horsetail Extract (stem) (7% silica, 3.5mg)	50mg	*
Green Tea Extract (leaf, <i>Camellia sinensis</i>) (50% polyphenols, 20mg)	40mg	*
Blueberry (fruit) and Bilberry (fruit) Extract Blend (5% anthocyanins, 1.25mg)	25mg	*

*Daily Value not established.

Other ingredients: Rice flour, vegetable capsule (hypromellose), magnesium stearate (vegetable source).

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