

No Artificial Flavors, No Wheat, Gluten Free,
No Dairy.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information: 1-888-462-2548

GNC.com



GNC
WOMEN'S

Hair, Skin & Nails

BEAUTY BASICS

3000 mcg of biotin

Antioxidants to help protect cells
from harmful free radicals*



DIETARY SUPPLEMENT

120 CAPLETS/60-DAY SUPPLY



* 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.

CODE 297822

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

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Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A.....	1500 mcg167%
(50% as beta-Carotene; 50% as Retinyl Acetate)	
Vitamin C (as Calcium Ascorbate).....	120 mg133%
Vitamin D (as Cholecalciferol D-3).....	5 mcg25%
Vitamin E (as Natural d-alpha Tocopheryl Acetate) ...	20.1 mg134%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....	1.5 mg125%
Riboflavin (Vitamin B-2).....	1.7 mg131%
Niacin (as Niacinamide).....	20 mg125%
Folate.....	340 mcg DFE85%
(200 mcg Folic Acid)	
Biotin.....	3000 mcg ...10000%
Pantothenic Acid (as Calcium d-Pantothenate).....	13.5 mg270%
Calcium.....	200 mg15%
(as Calcium Carbonate and Dicalcium Phosphate)	

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate).....	100 mg8%
Zinc (as Zinc Oxide).....	15 mg136%
L-Cysteine.....	200 mg*
MSM (Methylsulfonylmethane).....	100 mg*
Hydrolyzed Gelatin.....	100 mg*
L-Methionine.....	50 mg*
alpha-Lipoic Acid.....	10 mg*
DMAE (Dimethylaminoethanol).....	10 mg*
Green Tea Leaf Extract (Camellia sinensis).....	10 mg*
Horsetail Rush Stems (Equisetum arvense).....	3 mg*
Boron (as Boron Citrate).....	1 mg*
Pantethine.....	1.5 mg*
Lutemax® 2020 Lutein.....	500 mcg*
(from Marigold Flower Extract)(Tagetes erecta)	
Zeaxanthin.....	125 mcg*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropyl Methylcellulose, Silicon Dioxide, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Vegetable Acetoglycerides, Polyethylene Glycol, Chlorophyllin (Color), Polysorbate 80, Sucralose.

CONTAINS: Fish (Anchovy, Mackerel, Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof), Soybeans.

Distributed by: General Nutrition Corporation

Pittsburgh, PA 15222 USA

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. This product contains EGCG from green tea. Niacin may cause a temporary flushing reaction.

Lutemax®
LUTEIN &
ZEAAXANTHIN
2020

Lutemax® 2020 is a
trademark of OmniActive
Health Technologies.

Lot No./Best By: