



Hair, Skin & Nails

WITH ANTIOXIDANTS

DIETARY SUPPLEMENT

- Nutritional support for hair, skin & nails
- Antioxidants help fight cell-damaging free radicals**
- Supports beauty from within

17

Nutrients

Actual Product Sizes
on Side Panel

60

CAPLETS

**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.

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

Amount Per Serving	% Daily Value
Total Carbohydrate	< 1 g < 1%*
Vitamin A (as Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid)	120 mg 200%
Vitamin D-3 (as Cholecalciferol)	1000 IU 250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	60 IU 200%
Vitamin B-1 (as Thiamine Mononitrate)	1.5 mg 100%
Vitamin B-2 (Riboflavin)	1.7 mg 100%
Niacinamide (Vitamin B-3)	20 mg 100%
Folic Acid	200 mcg 50%
Biotin	3000 mcg 1000%
Calcium (as Calcium Citrate and Dicalcium Phosphate)	200 mg 20%
Phosphorus (as Dicalcium Phosphate)	100 mg 10%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenate)	12.5 mcg 18%
Boron (as Sodium Borate)	1 mg †
Lutein	500 mcg †
Methylsulfonylmethane (MSM)	100 mg †
Gelatin (Porcine and Bovine)	145 mg †

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

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Gelatin (Porcine), Stearic Acid, Croscarmellose Sodium, Hypromellose, Polydextrose, Titanium Dioxide, Magnesium Stearate, Starch, Talc, Silica, Sucrose, Polyvinylpyrrolidone, Triglycerides, FD&C Blue #1 Lake, FD&C Yellow #5 Lake¹, Sodium Ascorbate, Tocopherols, Sodium Benzoate, Sorbic Acid and BHT.

¹Contains: FD&C Yellow #5 Lake (Tartrazine) as a color additive.

Distributed by: CVS Pharmacy, Inc.
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V-34519



Beauty begins from the inside. That's why the nutrients you take in are equally as important as the special daily treatment you give your skin. This product provides nutrients like Vitamin E and Biotin which are commonly found in hair and skin products. MSM and Gelatin are natural sources of sulfur and amino acids, respectively, which are essential components of skin, hair and nail proteins. This formula also includes antioxidant Vitamins C and E that help protect cells from the damaging effects of free radicals.**

Directions: As a dietary supplement for adults, take two caplets daily with food.

As with any supplement, if you are pregnant or nursing a baby, taking any medication, or have a medical condition, consult your doctor before using this product. Avoid this product if you have allergies to sulfur. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of reach of children.

Store at room temperature (59°F-86°F).

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING.

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Actual Size

Package Contains One Bottle

Actual Size



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DIETARY SUPPLEMENT

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