

FOR YOUR PROTECTION,  
DO NOT USE IF SEAL  
UNDER CAP IS BROKEN  
OR MISSING.

**SPRING VALLEY™**

# Hair, Skin & Nails

DIETARY SUPPLEMENT

Over 15 key ingredients  
including Biotin and Antioxidants

**♀ COLLAGEN SUPPORT\***

Hair, Skin & Nails provides a combination of  
nutrients that support healthy hair, skin and nails.\*

**240 CAPLETS**

\*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.

Empty &  
Replace Cap



PLASTIC  
BOTTLE

how2recycle.info

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## Supplement Facts

Serving Size 3 Caplets  
Servings Per Container 80

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene and Vitamin A Acetate)	1,500 mcg 167%	Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 15%
Vitamin D (as D <sub>3</sub> Cholecalciferol)	25 mcg (1,000 IU) 125%	Phosphorus (as Dicalcium Phosphate)	87 mg 7%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%	Magnesium (as Magnesium Oxide)	50 mg 12%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Riboflavin (Vitamin B-2)	2 mg 154%	Manganese (as Manganese Gluconate)	2 mg 87%
Niacin (as Niacinamide)	25 mg 156%	PABA (Para-Aminobenzoic Acid)	10 mg †
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%	Choline Bitartrate	10 mg †
Folate (200 mcg folic acid)	333 mcg DFE 83%	Inositol	30 mg †
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%	Citrus Bioflavonoid / Rutin Complex	38 mg †
Biotin (as d-Biotin)	3,000 mcg 10,000%	Horsetail Powder ( <i>Equisetum arvense</i> ) (aerial)	3 mg †
		Collagen (Hydrolyzed Gelatin)	50 mg †

**OTHER INGREDIENTS:** Cellulose (Plant Origin). Contains <2% of: Cellulose Coating, Croscarmellose, Gelatin, Maltodextrin, Mannitol, Natural Palm Leaf Glaze, Polysorbate 80, Silica, Triacetin, Vegetable Magnesium Stearate.  
**CONTAINS COD, CUSK, FLOUNDER, HADDOCK, HAKE, POLLOCK, REDFISH AND SOLE.**

**DISTRIBUTED BY:**  
Walmart Inc., Bentonville, AR 72716  
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**SUGGESTED USE:** Adults, take three caplets daily, preferably with a meal.

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18.

**KEEP OUT OF REACH OF CHILDREN.**  
Store at room temperature 59° - 86°F (15° - 30°C).  
Keep bottle tightly closed.

**QUALITY GUARANTEED**

For questions or comments call 1-866-251-1662.  
Walmart.com/springvalley

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FRESHNESS AND POTENCY GUARANTEED THROUGHOUT