



HAIR SKIN NAIL

Essentials

NUTRIENT DELIVERY AND

NATURAL COLLAGEN PRODUCTION MAGNIFIER

NOTHING COMPARES

1st
pharm

SOFTER, More Radiant Skin
SHINIER, Fuller Hair & No Split Ends
STRONGER, Healthier Nails

DIETARY SUPPLEMENT
90 Vegan Capsules

Supplement Facts

Serving Size: 3 Vegan Capsules

Servings Per Container: 30

	Amount Per Serving	%Daily Value
Vitamin A (as Beta Carotene)	5,000 IU	100%*
Vitamin C (as Ascorbic Acid)	450 mg	500%*
Calcium (as Calcium Carbonate)	100 mg	8%*
Iron (as Ferrous Bisglycinate Chelate) (as Ferrochel®)	3 mg	17%*
Vitamin D3 (Cholecalciferol)	200 IU	50%*
Vitamin E (as NUTRA-E™ di-alpha tocopheryl acetate)	80 IU	267%*
Thiamine	6 mg	500%*
Riboflavin	6 mg	462%*
Niacin (as Niacinamide)	25 mg	156%*
Vitamin B6 (Pyridoxine HCl)	5 mg	293%*
Folic Acid	30 mcg	8%*
Vitamin B12 (Cyanocobalamin)	10 mcg	417%*
Biotin	6,000 mcg	20,000%*
Pantothenic Acid	30 mg	600%*
Iodine (Potassium Iodide)	152 mcg	101%*
Zinc (as Zinc Oxide)	24 mg	218%*
Selenium (as Selenium Glycinate Complex) (Albion®)	180 mcg	327%*
Manganese (as Manganese Citrate)	5 mg	219%*
Choline (as Choline Bitartrate)	61.5 mg	11%*
Methylsulfonyl Methane (MSM)	240 mg	**
ALA (Alpha-lipoic acid)	75 mg	**
Stinging Nettle Extract	60 mg	**
Betaine Anhydrous (Trimethylglycine)	50 mg	**
Hydrolyzed Collagen	45 mg	**
HyaMax® Sodium Hyaluronate (Hyaluronic Acid)	40 mg	**
Lemon Bioflavonoid	30 mg	**
Horsetail Rush (Equisetum Arvense)	30 mg	**
Rutin	5 mg	**
PABA (Para-Aminobenzoic Acid)	5 mg	**
Inositol Hexanicotinate	5 mg	**

* Percent Daily Values are based on 2,000 calorie diet

** Daily Value Not Established

Other Ingredients: Magnesium Stearate, Rice Flour, Hypromellose, Water.