

1206-60
Rev. 13



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CERTIFIED



MASON  natural[®]
EST. 1967

BODY, HAIR, SKIN & NAILS

MAY SUPPORT

**HEALTHY HAIR, SKIN
& NAILS***

60 CAPSULES • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Capsules

Servings Per Container 20

Amount Per Serving			Amount Per Serving		
	% Daily Value		% Daily Value		% Daily Value
Vitamin A	900 mcg RAE [‡] (6,000 IU)	100%	Iron	9 mg	50%
	(100% as beta carotene)		(as ferrous gluconate)		
Vitamin C (as ascorbic acid)	60 mg	70%	Phosphorus	200 mg	15%
Vitamin E	13.5 mg (30 IU)	90%	(as tricalcium phosphate)		
(as dl-alpha tocopheryl acetate)			Iodine (from kelp)	150 mcg	100%
Thiamine hydrochloride	1.5 mg	130%	Magnesium	100 mg	25%
(vitamin B1)			(as magnesium oxide)		
Riboflavin (vitamin B2)	1.7 mg	130%	Zinc (as zinc gluconate)	5 mg	45%
Niacin (as niacinamide)	20 mg NE [#]	130%	Copper	2 mg	220%
Pyridoxine hydrochloride	2 mg	120%	(as copper gluconate)		
(vitamin B6)			Manganese	10 mg	440%
Folate	667 mcg DFE [†]	170%	(as manganese gluconate)		
(400 mcg folic acid)			Choline Bitartrate	500 mg	90%
Vitamin B12	6 mcg	250%	Gelatin	250 mg	**
(as cyanocobalamin)			Inositol	100 mg	**
Biotin	600 mcg	2,000%	PABA	60 mg	**
Pantothenic Acid	15 mg	300%	(para-aminobenzoic acid)		
(as d-calcium pantothenate)					
Calcium	400 mg	30%			
(as tricalcium phosphate)					

**Daily Value not established.

OTHER INGREDIENTS: Gelatin (bovine), magnesium stearate, magnesium silicate.

[†]DVE - Dietary Folate Equivalents [‡]RAE - Retinol Activity Equivalents
[#]NE - Niacin Equivalents

GUARANTEED NO ADDED: Gluten, Sugar, Egg, Starch, Yeast, Corn, Wheat, Dairy, Fish, Tree Nuts, Peanuts, Soy, Crustacean Shellfish, Sodium, Fragrance, Artificial Colors or Flavors, Preservatives.

DIRECTIONS: Adults - Take three capsules daily, preferably with food, as a dietary supplement.

CAUTION: If you are pregnant, nursing, taking any medications or have any medical condition, consult your physician before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your physician if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **Keep this product out of reach of children.** In case of accidental overdose, call a doctor or poison control center immediately. Poison Control Center 1-800-222-1222

TAMPER-EVIDENT SEAL: Do not use product if seal appears tampered.

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).



GLUTEN FREE



SOY FREE

Manufactured in the USA for:
MASON VITAMINS, INC. Miami Lakes, FL 33014
1-888-860-5376 • www.MasonVitamins.com

*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.

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LOT/EXP. DATE