

PRODUCT #01109

DIRECTIONS: As a dietary supplement, take four (4) tablets with breakfast or, for optimal results, take two (2) tablets with breakfast and two (2) tablets with lunch or dinner. Dosage may be increased as directed by a healthcare practitioner. Our products contain organically grown herbs, when available.

Double-sealed for your protection.
Do not use if outer seal is broken or missing.

CAUTION: KEEP OUT OF REACH OF CHILDREN.
Not to be taken by pregnant or lactating women.
⚠WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

Consumer Information Services
Voice Mail: 800-845-2730
www.michaelshealth.com

Certified Kosher. 

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Made in a GMP facility that processes egg, fish, milk, shellfish, soy, tree nut and wheat products.

Made in the U.S.A.
Family owned and operated.



⚡ 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.

MNP HEALTHCARE
SOLUTIONS
SINCE 1984
Michael's® Naturopathic Programs



Hair, Skin & Nails Complex™

60 vegetarian
tablets

FABULOUS
RESULTS⚡

dietary supplement
Synergistically Complete

Supplement Facts

15 servings per container

Serving Size	Four (4) Tablets	
Amount Per Serving	% Daily Value	
Vitamin A (as Beta Carotene)	900 mcg	100%
Vitamin C (Ascorbic Acid)	100 mg	111%
Vitamin E (as d-alpha Tocopheryl Succinate)	17 mg	113%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	15 mg	882%
Vitamin B12 (as Methylcobalamin)	15 mcg	625%
Biotin	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Calcium Citrate)	200 mg	15%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	24%
Zinc (as Zinc Monomethionine**)	10 mg	91%
Copper (as Copper Gluconate)	100 mcg	11%
Manganese (as Manganese Gluconate)	5 mg	217%
Potassium (as Potassium Amino Acid Chelate)	75 mg	2%

Proprietary Blend 410 mg *
MSM (Methylsulfonylmethane), Red Clover Flower (*Trifolium pratense*), Burdock Root (*Arctium lappa*), PABA (Para-aminobenzoic Acid), Lecithin (from Sunflower) and Inositol

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Pharmaceutical Glaze (Shellac Povidone)

MANUFACTURED FOR MICHAEL'S® NATUROPATHIC PROGRAMS
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