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HAIR, SKIN & NAILS FORMULA

Type I and III Collagen

3000 mcg of Biotin per serving

BEAUTY FROM WITHIN

VITAMIN SUPPLEMENT

60^{COATED}
CAPLETS

TO REORDER ITEM # 7580

DIRECTIONS: For adults, take three (3) caplets daily, preferably with a meal.

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 20

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 5,000 IU (as Retinyl Palmitate)	100%	Calcium 200 mg (as Dicalcium Phosphate and Calcium Carbonate)	20%
Vitamin C 60 mg (as Ascorbic Acid)	100%	Phosphorus 90 mg (as Dicalcium Phosphate)	9%
Vitamin D 1,000 IU (as D3 Cholecalciferol)	250%	Magnesium 50 mg (as Magnesium Oxide)	12%
Vitamin E 15 IU (as dl-Alpha Tocopheryl Acetate)	50%	Zinc 7.5 mg (as Zinc Gluconate)	50%
Thiamin 5 mg (Vitamin B-1) (as Thiamin Hydrochloride)	333%	Manganese 2 mg (as Manganese Gluconate)	100%
Riboflavin 2 mg (Vitamin B-2)	118%	PABA 10 mg (Para-Aminobenzoic Acid)	
Niacin 25 mg (as Niacinamide)	125%	Choline Bitartrate 10 mg	
Vitamin B-6 5 mg (as Pyridoxine Hydrochloride)	250%	Inositol 30 mg	
Folic Acid 200 mcg	50%	Citrus 38 mg Bioflavonoid/Rutin Complex	
Vitamin B-12 8 mcg (as Cyanocobalamin)	133%	Horsetail Powder 3 mg (Equisetum arvense) (aerial)	
Biotin 3,000 mcg	1,000%	Collagen 50 mg (Hydrolyzed Gelatin) (Type I and III)	
Pantothenic Acid 15 mg (as d-Calcium Pantothenate)	150%		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Gelatin, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.

Puritan's Pride® supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

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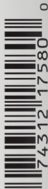
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PURITAN'S PRIDE, INC.

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