



New Day. Fresh Start. Better Health.

Hair, Skin & Nails

Dietary Supplement

90 Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 2,750 mcg (5,000 IU) (as palmitate)	306%	Zinc ** 5 mg (as monomethionine)	45%
Vitamin C 60 mg (as ascorbic acid)	67%	Selenium 200 mcg (as l-selenomethionine)	364%
Vitamin D 5 mcg (200 IU) (as cholecalciferol)	25%	Copper 1 mg (as amino acid chelate)	111%
Vitamin E 24.79 mg (30 IU) (as d-alpha tocopheryl succinate)	165%	Manganese 5 mg (as amino acid chelate)	217%
Vitamin B-1 25 mg (as thiamine hydrochloride)	2,083%	MSM 200 mg (methylsulfonylmethane)***	*
Vitamin B-2 (as riboflavin) 25 mg	1,923%	Horsetail leaf extract 100 mg	*
Niacin (as niacinamide) 20 mg	125%	Inositol 25 mg	*
Vitamin B-6 25 mg (as pyridoxine hydrochloride)	1,471%	PABA 10 mg (as para aminobenzoic acid)	*
Folate 667 mcg DFE (400 mcg folic acid)	167%	Boron 1 mg (as citrate, aspartate, glycinate)	*
Vitamin B-12 100 mcg (as cyanocobalamin)	4,167%	L-Cysteine 300 mg	*
Biotin 1,200 mcg	4,000%	Citrus bioflavonoids 100 mg	*
Pantothenic acid 100 mg (as d-calcium pantothenate)	2,000%	Nettle leaf powder 100 mg	*
Choline (as bitartrate) 25 mg	5%	L-Methionine 50 mg	*
Calcium 300 mg (as carbonate, amino acid chelate)	23%	Trace minerals 50 mg	*
Magnesium 60 mg (as oxide, amino acid chelate)	14%	*Daily Value not established	

Other Ingredients: Cellulose, cellulose gum, vegetable stearin, silica, dicalcium phosphate and magnesium stearate. Contains soy.