

Tamper Evident: Do not use if the seal under cap or around the bottle is broken or missing.

Amount Per Serving

% Daily Value

Choline (as choline bitartrate)* 150 mg; Betaine (as betaine hydrochloride)* 50 mg; Inositol* 60 mg; para-Aminobenzoic acid* 50 mg; RNA (ribonucleic acid)* 60 mg; Citrus Bioflavonoids* 50 mg; Rutin* 25 mg; Gelatin* 250 mg; Papain* 50 mg; Oat Straw powder* 75 mg; Echinacea leaf powder* 75 mg; Horsetail leaf powder* 250 mg; Asparagus shoot powder* 50 mg; Cysteine* 150 mg; Methionine* 100 mg.

* Daily Value not established

Other ingredients: Dicalcium phosphate, stearic acid, magnesium stearate and silica.

Directions: As a dietary supplement for adults, take 3 tablets daily with a meal or as directed by a healthcare professional.

Contains no sugar, salt, starch, corn, soy, wheat, yeast, artificial colors or preservatives.

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

Advanced Woman's Formulas are a collection of nutritional supplements designed exclusively for the special needs of today's health-conscious woman.

Keep cool, dry, and away from direct light.

100% Satisfaction Guaranteed



Futurebiotics

ADVANCED WOMAN'S FORMULA

HAIR, SKIN & NAILS®

The Nutrients Your Body Needs
for Healthy, Lustrous Hair,
Glowing Skin & Strong Nails

Dietary Supplement

135 Tablets

Manufactured for Futurebiotics
Hauppauge NY 11788

Supplement Facts

Serving Size 3 Tablets

Amount Per Serving

% Daily Value

Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D (from fish liver oil)	200 IU	50%
Vitamin E (as natural mixed tocopherols)	30 IU	100%
Thiamin (as thiamin mononitrate)	10 mg	667%
Riboflavin	10 mg	558%
Niacin (as niacinamide)	50 mg	250%
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	16 mcg	267%
Biotin	400 mcg	134%
Pantothenic Acid (as calcium pantothenate)	30 mg	300%
Calcium (as calcium carbonate)	600 mg	60%
Iron (as amino acid chelate)	6 mg	33%
Iodine (from kelp)	225 mcg	150%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as amino acid chelate)	25 mcg	33%
Manganese (as amino acid chelate)	10 mg	500%
Phosphorous (as dicalcium phosphate)	300 mg	30%

* Daily Value not established