

**21ST
CENTURY.**

healthy renewal formula™

EXTRA STRENGTH

Hair, Skin & Nails

Antioxidants A, C & E
Plus B-Complex Vitamins & Minerals



5000 mcg of Biotin
PER SERVING

90 TABLETS | DIETARY SUPPLEMENT



**ACTUAL
SIZE**

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
501337-0919N



EXTRA STRENGTH

Hair, Skin & Nails

Other Ingredients: Cellulose, Maltodextrin, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Yellow #5, FD&C Yellow #6), Ascorbyl Palmitate, BHA, BHT, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Silicate, Magnesium Stearate, PEG, Polyvinyl Alcohol, Sodium Aluminosilicate, Starch, Sucrose, Titanium Dioxide, Vegetable Oil, Water. 501337-0919N

Supplement Facts

Serving Size 3 Tablets / Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate)	1,500 mcg 167%	Calcium	372 mg 29%
Vitamin C (as Ascorbic Acid)	60 mg 67%	(as Dicalcium Phosphate & Calcium Carbonate)	
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Phosphorus	180 mg 14%
		(as Dicalcium Phosphate)	
Vitamin E	6.75 mg 45%	Magnesium	50 mg 12%
(as dl-Alpha Tocopheryl Acetate)		(as Magnesium Oxide)	
Thiamin (as Thiamin HCl)	5 mg 417%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Riboflavin (Vitamin B-2)	2 mg 154%	Manganese	2 mg 87%
Niacin (as Niacinamide)	25 mg 156%	(as Manganese Gluconate)	
Vitamin B-6	5 mg 295%	PABA	10 mg **
(as Pyridoxine HCl)		(Para-Aminobenzoic Acid)	
Folate	334 mcg DFE 83% (200 mcg Folic Acid)	Inositol	30 mg **
Vitamin B-12	8 mcg 334%	Citrus Bioflavonoid / Rutin Complex	38 mg **
(as Cyanocobalamin)		Horsetail Powder	3 mg **
Biotin (as d-Biotin)	5,000 mcg 16,667%	(Equisetum arvense) (aerial)	
Pantothenic Acid	15 mg 300%	Collagen (Hydrolyzed Gelatin)	50 mg **
(as d-Calcium Pantothenate)			
Choline (as Choline Bitartrate)	10 mg 2%		

** Daily Values not established.