



Hair, Skin & Nails®

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

- America's #1-selling beauty multi-vitamin
- Lustrous hair, glowing skin and strong nails*
- 24 vitamins, minerals and herbs

Healthy is Beautiful! Since 1985, millions of women have discovered the benefits of Futurebiotics® Hair, Skin & Nails®. Hair, Skin & Nails® is a complete daily multi-vitamin that also provides targeted nutrition for healthy, lustrous hair, glowing skin and strong nails.* Complete daily nutrition to help you feel as good as you look.

See the Difference

Glowing skin, healthy hair and strong nails are a reflection of your general overall health - both inside and out. In order to keep your hair, skin and nails beautifully youthful and healthy, vitamins and minerals must be brought to the surface from within. Stress, poor eating habits and environmental pollutants drain the body of the vital nutrients it needs to help keep its healthy appearance. Hair, Skin & Nails® provides a complete array of nutrients required to nourish skin, hair and nails from within.

- Provides 5 mg of organic silica, from horsetail extract, which plays an important role in the body's production of collagen.
- Supplies 1500 mcg of biotin to help fortify and nourish hair and nails.
- Features sulfur-bearing amino acids to support strong and resilient hair, skin and nails.
- Includes Zinc, which has been shown to help reduce skin inflammation.

You'll actually see the difference, too! Women report seeing an improvement in their nails in as little as 2 weeks.

Feel the Difference

Hair, Skin & Nails® is also a complete daily vitamin and mineral formula that provides your body with all the nutrients it needs to support an active lifestyle and good health. As Your Beauty Multi-Vitamin, it can replace your current multi-vitamin.

- Over 24 specially combined vitamins, minerals and herbs provide the nutrients your body needs and helps correct the effect of dietary deficiencies.
- Packed with 600 mg of calcium per daily dose.
- Provides antioxidant support from selenium and vitamins C, E and beta-carotene.
- A complete B vitamin complex provides nutritional stress support and cardio protection by helping to reduce homocysteine levels.

Hair, Skin & Nails®. Results you can see and feel. Guaranteed.

Supplement Facts

Serving Size 3 Tablets Servings per Container: 25

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	10,000IU 200%
Vitamin C (as ascorbic acid)	120mg 200%
Vitamin D (as cholecalciferol)	200IU 50%
Vitamin E (from natural mixed tocopherols)	30IU 100%
Thiamin (Vitamin B1) (as thiamine mononitrate)	10mg 667%
Riboflavin (Vitamin B2)	10mg 588%
Niacin (as niacinamide)	50mg 250%
Vitamin B6 (as pyridoxine hydrochloride)	10mg 500%
Folic Acid	400mcg 100%
Vitamin B12 (as cyanocobalamin)	16mcg 267%
Biotin	1,500mcg 500%
Pantothenic Acid (as calcium pantothenate)	30mg 300%
Calcium (as dicalcium phosphate, calcium carbonate and δ -calcium pantothenate)	600mg 60%
Iron (as ferrous fumarate)	6mg 33%
Iodine (from kelp)	225mcg 150%
Magnesium (as magnesium oxide)	200mg 50%
Zinc (as zinc gluconate)	15mg 100%
Selenium (as amino acid chelate)	25mcg 36%
Manganese (as manganese glycinate chelate)	10mg 500%
Phosphorus (as dicalcium phosphate)	300mg 30%
Horsetail Herb Extract (standardized for 5 mg silica)	71mg †
Gelatin (beef source)	250mg †
Choline (as Choline Bitartrate)	150mg †
Cysteine	150mg †
Methionine	100mg †
Oat Straw Δ	75mg †
<i>Echinacea angustifolia</i> root Δ	75mg †
Inositol	60mg †
RNA (ribonucleic acid)	60mg †
Betaine (as betaine hydrochloride)	50mg †
<i>para</i> -Aminobenzoic Acid	50mg †
Citrus Bioflavonoids	50mg †
Papain	50mg †
Asparagus shoot	50mg †
Rutin	25mg †

† Daily value not established

Other Ingredients: Croscarmellose sodium, stearic acid, pharmaceutical glaze, microcrystalline cellulose.

Contains soy.

Directions: As a dietary supplement for adults, take 3 tablets daily, preferably with meals.

Do not use if you are pregnant or nursing.

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.

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

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