

Amount Per Serving	% Daily Value
† Horsetail Leaf Extract (standardized for 5 mg Silica) 71 mg; Gelatin (beef source) 250 mg; L-Cysteine HCl 150 mg; Methionine (as L-Methionine) 100 mg; Oat Straw (aerial part) 75 mg; Echinacea angustifolia root 75 mg; Inositol 60 mg; RNA (ribonucleic acid) 60 mg; Betaine (as betaine hydrochloride) 50 mg; para-Aminobenzoic acid 50 mg; Citrus Bioflavonoid Complex 50 mg; Papain 50 mg; Asparagus racemosus root 50 mg; Rutin 25 mg	
† Daily Value not established	

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, polyethylene glycol.

Contains: Soy

Directions: As a daily multi-vitamin for adults, take 3 tablets daily with meals or as directed by a healthcare professional.

Warning: Do not use if you are pregnant or nursing.

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

100% Satisfaction Guaranteed

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Manufactured by **Futurebiotics®**

Hauppauge, NY 11788

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Futurebiotics®

AMERICA'S FAVORITE HAIR, SKIN & NAILS®

YOUR BEAUTY MULTI-VITAMIN™

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

Dietary Supplement
75 Tablets

Supplement Facts

Serving Size: 3 tablets

Servings Per Container: 25

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	3000 mcg RAE 333%
Vitamin C (as ascorbic acid)	120 mg 133%
Vitamin D3 (as cholecalciferol)	5 mcg 25%
Vitamin E (as mixed tocopherols)	20 mg 133%
Thiamin (Vitamin B1) (as thiamine mononitrate)	10 mg 833%
Riboflavin (Vitamin B2)	10 mg 769%
Niacin (as niacinamide)	50 mg NE 313%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg 588%
Folate (400 mcg Folic Acid)	666 mcg DFE 167%
Vitamin B12 (as cyanocobalamin)	16 mcg 667%
Biotin	1500 mcg 5000%
Pantothenic Acid (as d-calcium pantothenate)	30 mg 600%
Choline (as choline bitartrate)	60 mg 11%
Calcium (as calcium carbonate and dicalcium phosphate)	600 mg 46%
Iron (as ferrous bisglycinate chelate)	6 mg 33%
Phosphorus (as dicalcium phosphate)	300 mg 24%
Iodine (from potassium iodide)	225 mcg 150%
Magnesium (as magnesium oxide)	200 mg 48%
Zinc (as zinc gluconate)	15 mg 136%
Selenium (as selenium amino acid complex)	25 mcg 45%
Manganese (as manganese glycinate chelate)	10 mg 435%