

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silica, hydroxypropyl methylcellulose, polyethylene glycol.

Contains soy.

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

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.

Do not use if you are pregnant or nursing.

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

Hair, Skin & Nails® for Men is a comprehensive daily multi-vitamin formula that provides additional nutrients to support vital hair, healthy skin and strong nails* and is designed for today's health-conscious man.

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

Manufactured by **futurebiotics**® Hauppauge, NY 11788
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health. nature. life.

Nutrition for Men™

HAIR, SKIN & NAILS®

For Vital Hair, Healthy Skin & Strong Nails*

Now with 1500 mcg Biotin

135 Tablets

Dietary Supplement

Supplement Facts

Serving size 3 tablets
Servings per container 45

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene)	6000 mcg RAE	667%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D3 (as cholecalciferol)	5 mcg	25%
Vitamin E (from natural 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 (as 400 mcg Folic Acid)	16 mcg	167%
Vitamin B12 (as cyanocobalamin)	666 mcg DFE	667%
Biotin	1500 mcg	5000%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Choline (as choline bitartrate)	27%	
Calcium (as dicalcium phosphate and calcium carbonate)	150 mg	46%
Iron (as ferrous bisglycinate chelate)	600 mg	33%
Phosphorus (as dicalcium phosphate)	6 mg	24%
Iodine (from kelp)	300 mg	150%
Magnesium (as magnesium oxide)	225 mcg	48%
Zinc (as zinc gluconate)	200 mg	227%
Selenium (as selenium amino acid complex)	25 mg	45%
Manganese (as manganese glycinate chelate)	25 mcg	435%
Inositol	10 mg	†
para-Aminobenzoic acid	60 mg	†
Hair, Skin & Nails Blend	50 mg	†
N-Acetyl Cysteine, Horsetail leaf extract (standardized for 5 mg silica), Oat Straw (aerial part), Ribonucleic acid (RNA), Citrus Bioflavonoids, Betaine hydrochloride, Rutin, Saw Palmetto berry, Eleuthero root extract, Korean (Panax) Ginseng root extract, Smilax root extract, Gelatin	760 mg	
† Daily Value not established		