

SPRING

VALLEY®

VITAMIN #1 BRAND

STORE AT ROOM TEMPERATURE.
TIGHTLY CLOSED AND AVOID
EXCESSIVE HEAT FOR YOUR
PROTECTION. DO NOT USE IF
SEAL UNDER CAP IS BROKEN OR
MISSING.

Hair, Skin & Nails

Plus Biotin 1000 mcg

COLLAGEN SUPPORT*

Dietary Supplement

120 CAPLETS

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 40

Amount Per Serving	% Daily Value
Vitamin A 5,000 IU (as Retinyl Palmitate)	100%
Vitamin C 120 mg (as Ascorbic Acid)	200%
Vitamin D 100 IU (as Cholecalciferol)	25%
Vitamin E 15 IU (as d-Alpha Tocopheryl Acetate)	50%
Thiamin 5 mg (Vitamin B-1) (as Thiamin Hydrochloride)	333%
Riboflavin 2 mg (Vitamin B-2)	110%
Niacin 25 mg (as Nicotinamide)	125%
Vitamin B-6 5 mg (as Pyridoxine Hydrochloride)	250%
Folic Acid 200 mcg	50%

Amount Per Serving	% Daily Value
Vitamin B-12 6 mcg (as Cyanocobalamin)	120%
Biotin (as d-Biotin) 1 mg (1,000 mcg)	1,000%
Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	100%
Calcium 110 mg (as Calcium Carbonate and Dicalcium Phosphate)	77%
Iron 3 mg (as Ferrous Gluconate)	17%
Phosphorus 150 mg (as Dicalcium Phosphate)	30%
Iodine 112.5 mcg (as Potassium Iodide)	75%
Magnesium 100 mg (as Magnesium Oxide)	20%
Zinc 7.5 mg (as Zinc Gluconate)	50%
Selenium 12.5 mcg (as L-Selenomethionine)	50%

Amount Per Serving	% Daily Value
Manganese 5 mg (as Manganese Gluconate)	250%
Sodium 10 mg	<1%
PABA 25 mg (Para-Aminobenzoic Acid)	†
Choline Bitartrate 20 mg	†
Inositol 30 mg	†
Citrus Bioflavonoids 4.25 mg (Citrus aurantium) (orange) (bitter)	†
Flavin 12.5 mg	†
Horseshell Powder Δ 3 mg (Equisetum arvense) (horsetail)	†
Betaine Hydrochloride 25 mg	†
Collagen 45 mg (Hydrolyzed Collagen)	†
Chlorophyll (as Sodium Copper Chlorophyllin)	†

†Daily Value not established.

OTHER INGREDIENTS: Cellulose (Plant Origin), Croscarmellose, Silica, Vegetable Magnesium Stearate, Cellulose Gelling, Gelatin, Malic Acid, Triacetin, Polyethylene Glycol, Maltodextrin.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

SUGGESTED USE: For adults, take three (3) caplets daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care provider.

No Sugar, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Artificial Colors, No Artificial Flavors.

DISTRIBUTED BY: Wal-Mart Stores, Inc.
Bentonville, AR USA
Questions or comments? Call 866-251-1862
UNCOMMITMENTAL GUARANTEED BY RETURN
OR REPLACEMENT

Spring Valley's Hair, Skin & Nails caplets provide a combination of nutrients including Vitamin C and Biotin, that support the structural foundation of your hair, skin and nails.*

*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.

Batch No. 180111
010010W 01A FRESHNESS AND POTENCY GUARANTEED THROUGH: