

SPRING

VALLEY®

VITAMIN #1 BRAND

Hair, Skin & Nails

Biotin/Collagen/Gelatin

COLLAGEN SUPPORT*

Dietary Supplement

120 CAPLETS

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving	% Daily Value
Vitamin A	5,000 IU 100%
(as Retinyl Palmitate)	
Vitamin C (as Ascorbic Acid)	120 mg 200%
Vitamin D (as Cholecalciferol)	100 IU 25%
Vitamin E	15 IU 50%
(as d-Alpha Tocopheryl Acetate)	
Thiamin (Vitamin B-1)	5 mg 333%
(as Thiamin Hydrochloride)	
Riboflavin (Vitamin B-2)	2 mg 111%
Niacin (as Nicotinamide)	25 mg 125%
Vitamin B-6	5 mg 150%
(as Pyridoxine Hydrochloride)	
Folic Acid	200 mcg 50%
Vitamin B-12	8 mcg 133%
(as Cyanocobalamin)	

OTHER INGREDIENTS: Cellulose (Plant Origin), Croscarmellose, Silica, Vegetable Magnesium Stearate, Cellulose Coating, Gelatin, Mannitol.

No Gluten, No Yeast, No Alcohol, No Milk or Milk Derivatives, No Lactose, No Sugar, No Artificial Color, No Artificial Flavors.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure,

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.

Biotin (as d-Biotin)	3 mg (3,000 mcg) 1,000%
Pantothenic Acid	15 mg 150%
(as d-Calcium Pantothenate)	
Calcium	710 mg 71%
(as Calcium Carbonate and Dicalcium Phosphate)	
Iron	3 mg 12%
(as Ferrous Gluconate)	
Phosphorus	150 mg 16%
(as Dicalcium Phosphate)	
Iodine	112.5 mcg 75%
(as Potassium Iodide)	
Magnesium	180 mg 25%
(as Magnesium Oxide)	
Zinc	7.5 mg 50%
(as Zinc Gluconate)	
Selenium	12.5 mcg 16%
(as L-Selenomethionine)	
Manganese	5 mg 250%
(as Manganese Gluconate)	

Sodium	10 mg <1%
PABA	25 mg †
(Para-Aminobenzoic Acid)	
Choline Bitartrate	25 mg †
Inositol	30 mg †
Citrus Bioflavonoids	25 mg †
(Citrus spp., 1 (orange) (fruit)	
Palmitic	12.5 mg †
Horsetail Extract	3 mg †
(Equisetum arvense) (herb)	
Betaine Hydrochloride	25 mg †
Collagen	45 mg †
(Hydrolyzed Gelatin)	
Chlorophyll	5 mg †
(as Sodium Copper Chlorophyllin)	

†Daily Value not established.

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 providers.

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT FOR YOUR PROTECTION. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MANUFACTURED BY: US Nutrition, Inc.
Bohemia, NY 11716-0510, USA
Questions or Comments? Call 1-800-467-6342
UNUSUALLY GUARANTEED BY 92.99%
OR REPLACEMENT

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