

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Silicon Dioxide, Aqueous Coating (Consisting of Hydroxypropyl Cellulose, Hypromellose, Polyethylene Glycol, Wax).

Formulated/manufactured exclusively for
AdvoCare® International, LLC
Richardson, TX 75082 • 800-542-4800
For more information go to advocare.com

Directions For Use: Take one caplet per day
with a meal.

CAUTION: CHECK WITH YOUR HEALTHCARE
PROFESSIONAL BEFORE USING THIS PRODUCT.
THIS PRODUCT IS NOT INTENDED FOR PREGNANT
OR NURSING WOMEN OR INDIVIDUALS UNDER
18 YEARS OF AGE.
KEEP OUT OF REACH OF CHILDREN.
Store away from excessive heat, light and humidity.

W3036/02_FOOL000420



ADVOCARE
glow®
hair & nails

Vitamin, Mineral and
Herbal Supplement

30 Caplets

Supplement Facts

Serving Size: 1 Caplet

Servings Per Container: 30

	Amount Per Serving	%DV
Thiamine	1.5mg	125%
Biotin	5,000mcg	16,667%
Zinc (as zinc gluconate)	7.5mg	68%
Selenium (as L-selenomethionine)	35mcg	64%
MSM (methyl-sulfonyl-methane)	600mg	**
Horsetail Extract (leaf & stem— <i>Equisetum arvense</i>)	250mg	**
Alpha Lipoic Acid (thioctic acid)	200mg	**

**Daily Value (DV) not established.