

swanson.com
or call 1-800-437-4148

- Provides key nutrients for hair, skin and nails
- Helps with collagen formation
- Supports growth of hair and nails

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet two times per day with water.



WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Hair, Skin & Nails

Beautifying Nutritional Support

COMPREHENSIVE FORMULA

DIETARY SUPPLEMENT | 60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Choline (as choline bitartrate)	50 mg	9%
Calcium	35 mg	3%
MSM (methylsulfonylmethane)	700 mg	*
Horsetail Grass Stem Extract (<i>Equisetum arvense</i>) (standardized to 7% silica)	250 mg	*
L-Cysteine (as L-cysteine HCl)	100 mg	*
Inositol	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*

*Daily Value not established.

Other ingredients: Stearic acid, calcium carbonate, croscarmellose sodium, magnesium stearate, pharmaceutical glaze, microcrystalline cellulose (plant fiber), silica.

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