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SCAN &
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ACTUAL SIZE

GNC QUALITY COMMITMENT

For more than 75 years, GNC has been the leader in the development and manufacture of dietary supplements and is committed to producing the most superior products. We use only the highest quality ingredients manufactured under the strictest quality controls. Every raw material used is tested to ensure its purity and potency. Each product is dated and then shipped immediately to our stores to ensure that you are purchasing the freshest supplements available.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



WOMEN'S HAIR, SKIN & NAILS FORMULA

GNC Hair, Skin & Nails Formula is a specialty nutritional formula scientifically designed to promote beauty from the inside out.* Adequate intake of essential nutrients such as biotin, lutein, and amino acids, along with important antioxidants, helps support beautiful hair, skin and nails.*

Biotin

- Supports normal cell growth in the hair, skin and nails matrix.* Biotin is an essential vitamin known to promote beautiful hair, skin and nails.* Each serving features 3,000 mcg of biotin.

Lutein

- Helps support skin hydration.* Lutein is an important carotenoid antioxidant for healthy skin that helps protect cells from harmful free radicals.*

Gelatin and Amino Acids

- Combines gelatin with the amino acids L-cysteine and L-methionine. Gelatin is a rich source of amino acids, which are the building blocks of proteins. Proteins are needed for strong, healthy nails and the growth and repair of tissue.*

Antioxidant Protection

- Provides antioxidant nutrients that protect the body from harmful free radicals that promote the cell-aging process.* Includes alpha-Lipoic acid which helps regenerate antioxidants.*

* 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.

GNC

WOMEN'S Hair, Skin & Nails Formula

Dietary Supplement

SUPPORTS BEAUTY FROM WITHIN

- 3,000 mcg of biotin to support healthy hair, skin and nails
- Lutein for healthy skin hydration*
- Gelatin and amino acids for strong, healthy nails*
- Antioxidants to fight cell aging*

120 CAPLETS

CG06 180723

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Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU 100%
Vitamin C (as Calcium Ascorbate)	120 mg 200%
Vitamin D (as Cholecalciferol [1-3])	200 IU 50%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%
Nicotinamide (Vitamin B-3)	1.7 mg 100%
Niacin (as Niacinamide)	20 mg 100%
Folic Acid	200 mcg 50%
Biotin	3000 mcg 1000%
Pantothenic Acid (as Calcium d-Pantothenate)	15.5 mg 100%
Calcium (as Calcium Carbonate)	200 mg 20%
Phosphorus (as Dicalcium Phosphate)	100 mg 10%
Zinc (as Zinc Oxide)	15 mg 100%
L-Cysteine	200 mg *
MSM (Methylsulfonyl-methane)	100 mg *
Hydrolyzed Gelatin	100 mg *
L-Methionine	50 mg *
alpha-Lipoic Acid	10 mg *
DMG (Dimethylaminoethanol)	10 mg *
Green Tea Leaf Extract (Camellia sinensis)	10 mg *
Horseshoe Plant Stem (Equisetum arvense)	2 mg *
Boron (as Boron Citrate)	1 mg *
Pantestin® Pantothenic Acid	1500 mcg *
Lutein (as Lutein Oleate)	500 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetophenones, Natural Vanilla Flavor, Dihydroxyli, Sorbitol.

CONTAINS: Fish and Shellfishes.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.