

SUGGESTED USE: For adults only. Take two (2) capsules a day with food. Do not take this supplement within one hour of taking medications. Do not exceed recommended dose.

CAUTION: Women who are pregnant or lactating and anyone taking medications should consult a health care professional before using any nutritional product. If any adverse reactions occur, discontinue use and consult a health care professional.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

IRON WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six (6). In case of accidental overdose, call a doctor or poison control center immediately.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Lot # and Expiration Date Printed
on Bottom of Bottle

V3R0

LOVE METM
NUTRITION

Lights, Camera, ActionTM

Advanced science beauty care

Supports gorgeous hair
radiant skin & strong nails*

Biotin, B complex & rich PABA blend

MADE WITH NATURAL INGREDIENTS
Dietary Supplement • 60 Veggie Capsules

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A	2400 IU	48%
Vitamin C	120 mg	200%
Calcium Carbonate	80 mg	1%
Iron Ferrous Fumarate	14.5 mg	80%
Vitamin D3	800 IU	200%
Vitamin E	30 IU	100%
Vitamin B1	6 mg	400%
Vitamin B6	8 mg	400%
Folic Acid	880 ug	220%
Vitamin B12	12 ug	200%
Biotin	600 ug	200%
Vitamin B5	30 mg	300%
Magnesium Oxide	120 mg	30%
Zinc oxide	7.2mg	48%
Manganese chelate	4 mg	200%
Potassium gluconate	12mg	1%
Proprietary Blend:	409 mg	**
<i>PABA, L-Tyrosine, Horsetail extract, Fo-Ti, Bamboo extract, Nettle root, Peony, Spirulina, Saw palmetto, Plant sterols, Alfalfa, Barley grass</i>		

** Daily Value (DV) Not Established

INACTIVE INGREDIENTS: Cellulose (Vegetable Capsule), Rice Flour, Magnesium stearate, Silicon dioxide.

Distributed by Love Me Nutrition, 8422 Melrose Place, LOS ANGELES, CA 90069 • LoveMeNutrition.com

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