

**VALUE SIZE**  
**240 TABLETS**

**meijer**

**hair, skin  
& nails**

With Biotin, Antioxidants A, C & E,  
Plus B-Complex Vitamins & Minerals  
**DIETARY SUPPLEMENTS**

**HEALTH & BEAUTY SUPPORT**

This statement has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

**240 Tablets**

**EXTRA STRENGTH**



**Supplement Facts**

Serving Size 2 Tablets / Servings Per Container 120

| Amount Per Serving                              | % Daily Value                           | Amount Per Serving                                        | % Daily Value |
|-------------------------------------------------|-----------------------------------------|-----------------------------------------------------------|---------------|
| Vitamin A<br>(as Retinyl Palmitate)             | 1,000 mcg 111%                          | Calcium<br>(as Dicalcium Phosphate & Calcium Carbonate)   | 248 mg 19%    |
| Vitamin C<br>(as Ascorbic Acid)                 | 40 mg 44%                               | Phosphorus<br>(as Dicalcium Phosphate)                    | 120 mg 10%    |
| Vitamin D <sub>3</sub><br>(as Cholecalciferol)  | 16.7 mcg (668 IU) 84%                   | Magnesium<br>(as Magnesium Oxide)                         | 33.4 mg 8%    |
| Vitamin E<br>(as dl-Alpha Tocopheryl Acetate)   | 4.5 mg 30%                              | Zinc (as Zinc Gluconate)                                  | 5 mg 45%      |
| Thiamin (as Thiamin HCl)                        | 3.3 mg 278%                             | Manganese<br>(as Manganese Gluconate)                     | 1.3 mg 57%    |
| Riboflavin (Vitamin B-2)                        | 1.3 mg 103%                             | PABA<br>(Para-Aminobenzoic Acid)                          | 6.7 mg **     |
| Niacin (as Niacinamide)                         | 16.7 mg 104%                            | Inositol                                                  | 20 mg **      |
| Vitamin B-6<br>(as Pyridoxine HCl)              | 3.3 mg 196%                             | Citrus Bioflavonoid /<br>Rutin Complex                    | 25 mg **      |
| Folate                                          | 222 mcg DFE 56%<br>(133 mcg Folic Acid) | Horsetail Powder<br>( <i>Equisetum arvense</i> ) (aerial) | 2 mg **       |
| Vitamin B-12<br>(as Cyanocobalamin)             | 5.3 mcg 223%                            | Collagen<br>(Hydrolyzed Gelatin)                          | 33 mg **      |
| Biotin (as d-Biotin)                            | 3,334 mcg 11,113%                       |                                                           |               |
| Pantothenic Acid<br>(as d-Calcium Pantothenate) | 10 mg 200%                              |                                                           |               |
| Choline<br>(as Choline Bitartrate)              | 6.7 mg 1%                               |                                                           |               |

**Other Ingredients:** Cellulose, Croscarmellose Sodium, Maltodextrin, Stearic Acid, Silicon Dioxide. **Contains <2% of:** Magnesium Silicate, Magnesium Stearate, PEG, Polysorbate, Polyvinyl Alcohol.

**No added yeast  
or artificial flavors**

**Suggested Use:** As a dietary supplement, adults take two (2) tablets daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

**Warning:** Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

**Keep out of reach of children.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.



**Questions or comments?**  
1-800-530-2178

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