

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules daily, with a meal.

Warning: Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



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*Supports skin elasticity,
healthy hair and strong nails**

**Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement**
60 CAPSULES

Supplement Facts

Serving size 2 capsules
Servings per container 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	250 mg	278%
Niacin (as niacinamide)	20 mg	125%
Folate (as Metafolin®, L5-MTHF)	667 mcg DFE (400 mcg L5-MTHF)	167%
Biotin	6,000 mcg	20,000%
Zinc (as zinc citrate)	30 mg	273%
Copper (as copper glycinate)	1 mg	111%
Manganese (as manganese citrate)	2 mg	87%
Silica (from bamboo)	30 mg	*
PABA (Para-aminobenzoic acid)	150 mg	*
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage) providing (typical): hydrolyzed collagen 60% chondroitin sulfate 20% hyaluronic acid 10%	500 mg	*
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	300 mg 100 mg 50 mg	* * *
CoQ10 (as CoQ10 and as 33% from sustained-release MicroActive®Q10-cyclodextrin complex)	140 mg 60 mg	* *

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate

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BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA
(Protected by Patents).

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

***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.**

manufactured by: **Pure Encapsulations**

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code: HSN6