

**DIRECTIONS:**

For adults, take three (3) tablets daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care provider.

**WARNING:**

If you are pregnant, nursing, taking any medications, planning any medical procedures or have any medical conditions, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

\*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.

**TAMPER RESISTANT:**

DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN OR MISSING.

**MANUFACTURED BY:**

ESMOND NATURAL, INC.  
IRVINDALE, CA 91706 USA



MADE IN USA



# HAIR, SKIN & NAILS

Dietary Supplement

Promotes firm skin\*

Strengthens hair and nails\*



60 TABLETS

ESMONDNATURAL

**Supplement Facts**

Serving Size 3 Tablets

Servings Per Container 20

Amount Per Serving	% Daily Value*	Value †
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	80 mg	100%
Vitamin D3 (as Cholecalciferol)	100 IU	20%
Vitamin E (as d-Alpha Tocopherol Acetate)	15 IU	30%
Thiamine (as Thiamine Mononitrate)	5 mg	100%
Riboflavin (Vitamin B2)	5 mg	100%
Niacin (as Nicotinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	100%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	8 mcg	150%
Biotin	200 mcg	87%
Pantothenic Acid (as d-Calcium Pantothenate)	15mg	150%
Calcium (as Dicalcium Phosphate, Calcium Carbonate)	834 mg	83%
Iron (as Ferrous Gluconate)	3 mg	17%
Iodine (as Potassium Iodide)	114 mcg	70%
Magnesium (as Magnesium Oxide)	100 mg	20%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	12 mcg	17%
Manganese (as Manganese Gluconate)	5 mg	250%
Proprietary Blend	282.5 mg	
†Choline Bitartrate, Rose Hips (Rose canina) (fruit), Inositol, PABA (Para-Aminobenzoic Acid), PABA (Para-Aminobenzoic Acid), Citrus Bioflavonoid Complex (Citrus spp.) (fruit), Betaine Hydrochloride, Mutin		

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.**

**OTHER INGREDIENTS:**

Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide.

