This formula contains targeted nutrients such as vitamins, minerals, amino acids and antioxidants to help support healthy hair, skin and nails. The proprietary blend includes MSM, a sulfur containing compound essential for healthy hair and nails. It also contains Colloidal Silica to further promote the wellbeing of your hair, skin and nails.1

Suggested Usage: As a dietary supplement, take one caplet daily, preferably with a meal.

Caution: Consult your physician prior to using this product if you are pregnant, nursing, or have any pre-existing medical conditions.

- · Keep out of reach of children
- Protect from heat, light, and moisture
- Store at 59-86°F (15-30°C)
- · Do not purchase if seal is broken

Made in the USA

Distributed by: Golden Pride International West Palm Beach, FL 33407 800-575-1634

www.vitaminsdirectonline.com Item #102029

† 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



60 Caplets **Dietary Supplement**

Supplement Facts

| Serving size: 1 caplet | Servings per container: 60 nount Per Serving % Daily Value | |
|---|---|--------|
| Amount | | |
| Thiamin (as thiamin HCI) | 10 mg | 667% |
| Riboflavin | 10 mg | 588% |
| Niacin (as niacinamide) | 50 mg | 250% |
| Vitamin 86 (as pyridoxine HCI) | 10 mg | 500% |
| Folate (as folic acid) | 200 mcg | 50% |
| Vitamin B12 (as cyanocobalamin) | 100 mcg | 1,667% |
| Biotin | 500 mcg | 167% |
| Pantothenic acid (as D-calcium pantothenate and panthenol) | 50 mg | 500% |
| Calcium (as dicalcium phosphate) | 100 mg | 10% |
| Zinc (as zinc oxide and citrate) | 25 mg | 167% |
| Manganese (as manganese citrate) | 4 mg | 200% |
| Proprietary Blend: | 645 mg | |

Aloe vera inner leaf gel 5:1 extract

DL-Methionine

Grape skin extract (27-47% total phenolics) Colloidal silica Methylsulfonylmethane (OptiMSM®)

Daily value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, coating (hypromellose, hydroxypropyl cellulose, titanium dioxide, polyethylene glycol and propylene glycol).