

SUGGESTED USE: As a dietary supplement, take 2 capsules per day at any time.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

†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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

Developed and distributed by Dr. Eric Berg DC

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Dr. Berg Nutritionals

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Rev. US \$ 01



Dr. Berg

THE KNOWLEDGE DOC™

DIETARY SUPPLEMENT

HAIR FORMULA

Korean Red Ginseng, Saw Palmetto,
Horsetail, vitamins and minerals

Supports hair, nails and skin†

90

VEGETABLE
CAPSULES

Supplement Facts

Serving size: 2 vegetable capsules

Servings per container: 45

	Amount per Serving	% DV*
Vitamin C (from acerola cherry)	40 mg	40%
Vitamin D3 (as cholecalciferol)	13 mcg (533 IU)	60%
Vitamin B12 (as methylcobalamin)	1.6 mcg	60%
Calcium (as calcium lysinate)	30 mg	2%
Vitamin B2 (riboflavin)	66 mcg	51%
Zinc (as zinc monomethionine)	0.334 mg	3%
Copper (as copper bisglycinate)	0.667 mg	74%
Selenium (as L-selenomethionine)	36 mcg	60%
Folate (as 5-methyltetrahydrofolate-calcium)	266 DFE mcg	60%
Biotin	666 mcg	2222%
Saw palmetto extract	200 mg	**
Horsetail herb powder (whole plant)	200mg	**
Korean Red Ginseng powder (root)	600mg	**

*Percent Daily values are based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, silicon dioxide, magnesium stearate (vegetable source)