

Amount Per Serving**% Daily Value**

† Horsetail Leaf Extract (standardized for 5 mg Silica) 71 mg; Gelatin (beef source) 250 mg; L-Cysteine HCl 150 mg; Methionine (as L-Methionine) 100 mg; Oat Straw (aerial part) 75 mg; Echinacea angustifolia root 75 mg; Inositol 60 mg; RNA (ribonucleic acid) 60 mg; Betaine (as betaine hydrochloride) 50 mg; para-Aminobenzoic acid 50 mg; Citrus Bioflavonoid Complex 50 mg; Papain 50 mg; Asparagus racemosus root 50 mg; Rutin 25 mg

† Daily Value not established

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, polyethylene glycol.

Contains: Soy

Directions: As a daily multi-vitamin for adults, take 3 tablets daily with meals or as directed by a healthcare professional.

Do not use if you are pregnant or nursing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Keep cool, dry, and protect from light.

100% Satisfaction Guaranteed

* 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 **Futurebiotics®**
Houppauge, NY 11788 • www.futurebiotics.com
800-FOR-LIFE • 800-367-5433

FB029 REF 1019



X002CH9EI9

Futurebiotics Hair, Skin & ... Multi-Vitamin, 180 Tablets

Futurebiotics®

AMERICA'S FAVORITE HAIR, SKIN & NAILS®

YOUR BEAUTY MULTI-VITAMIN™

The Nutrients Your Body Needs
for Healthy, Lustrous Hair,
Glowing Skin & Strong Nails*

Dietary Supplement
180 Tablets

Supplement Facts

Serving Size: 3 tablets

Servings Per Container: 60

Amount Per Serving**% Daily Value**

Vitamin A (as beta-carotene)	6000 mcg RAE	667%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as ergocalciferol)	5 mcg	25%
Vitamin E (as mixed tocopherols)	20 mg	133%
Thiamin (Vitamin B1) (as thiamine mononitrate)	10 mg	833%
Riboflavin (Vitamin B2)	10 mg	769%
Niacin (as niacinamide)	50 mg NE	313%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Folate (400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	16 mcg	667%
Biotin	1500 mcg	5000%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%
Choline (as choline bitartrate)	60 mg	11%
Calcium (as calcium carbonate and dicalcium phosphate)	600 mg	46%
Iron (as ferrous bisglycinate chelate)	6 mg	33%
Phosphorus (as dicalcium phosphate)	300 mg	24%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (as magnesium glycinate chelate)	200 mg	48%
Zinc (as zinc picolinate)	15 mg	136%
Selenium (as l-selenomethionine)	25 mcg	45%
Manganese (as manganese amino acid chelate)	10 mg	435%