

Directions: Take 1 capsule, one time daily, with a meal.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving		%DV
Vitamin A (as Retinyl Acetate)	751 mcg	80%
Vitamin C (as Ascorbic Acid)	100 mg	110%
Vitamin D-3	20 mcg	100%
Vitamin E (as Tocopheryl Succinate)	12.91 mg	90%
Vitamin B-1 (as Thiamine HCl)	10 mg	830%
Vitamin B-2 (Riboflavin)	10 mg	770%
Vitamin B-6 (as Pyridoxine HCl)	20 mg	1,180%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2,080%
Biotin	5,000 mcg	16,670%
Zinc (from Zinc Oxide)	8 mg	70%
Copper (from Copper Sulfate)	2 mg	220%
Manganese (from Manganese Carbonate)	2 mg	90%
L-Cysteine HCl	25 mg	*
Collagen	25 mg	*
Lutein (from Marigold Flowers)	10 mg	*
Alpha Lipoic Acid	10 mg	*
Hyaluronic Acid	5 mg	*
Horsetail Extract (<i>Equisetum arvense</i>)	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Rice Powder, Gelatin, Microcrystalline Cellulose, Sodium Alginate, Silicon Dioxide, Gum Arabic, Maltodextrin, Pea Starch, Dicalcium Phosphate, Magnesium Stearate, Hypromellose, Ethylcellulose, Rosemary Extract, Starch, Sucrose.

Contains: Soy

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Yeast, Artificial Colors, Flavors or Preservatives

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Manufactured by NATROL LLC
Chatsworth, CA 91311, USA
1-800-2-NATROL (800-262-8765)
www.natrol.com



Revitalized Skin

Nourishes, hydrates and protects skin with Lutein, Collagen, Hyaluronic Acid, ALA and Vitamins A, C and E to keep skin looking younger longer.[†]



Strong Hair & Nails

Strengthens and enhances healthy hair and nail growth with 5,000 mcg of Biotin plus Horsetail for structural support.[†]



Just One Per Day

Unlike many other hair, skin and nails products, which can require up to 3 pills per serving, **Natrol® Skin, Hair & Nails** provides a robust blend of beauty ingredients and exceptional value in the ease of just one pill per day.

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

NATROL®

Skin, Hair & Nails

ADVANCED BEAUTY

Improves Skin Elasticity & Hydration[†]

Supports Healthy Hair & Strong Nails[†]

Plus Collagen, Hyaluronic Acid, ALA & More

ONLY ONE
per day

60 CAPSULES DIETARY SUPPLEMENT

An Advanced Beauty Blend

Natrol® Skin, Hair & Nails

contains a unique blend of ingredients known for their beauty benefits.

- **10 mg of Lutein** per day is clinically proven to improve skin elasticity and hydration[†]
- **5,000 mcg of Biotin**, the "beauty vitamin," promotes healthy hair and strong nails[†]
- **Collagen and Hyaluronic Acid** help keep skin firm and hydrated[†]
- **ALA and Vitamins A, C and E** help protect against damage from pollution and harmful UV rays[†]

The science of beauty combined with natural ingredients to keep you looking and feeling your best.[†]

[†]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.