

LOVE METM NUTRITION

Lights, Camera, ActionTM

Ultimate Beauty Care

Supports healthy hair,
skin & nails*

Biotin, B complex PABA

Dietary Supplement • 60 Veggie Capsules

SUGGESTED USE: For adults only. Take two (2) capsules a day with food. Do not take this supplement within one hour of taking medications. Do not exceed recommended dose.

CAUTION: Women who are pregnant or lactating and anyone taking medications should consult a health care professional before using any nutritional product. If any adverse reactions occur, discontinue use and consult a health care professional.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

IRON WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six (6). 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.

Lot # and Expiration Date V7R0
Printed on Bottom of Bottle 21540-221

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Beta-carotene)	120 mcg RAE	13%
Vitamin C (as Ascorbic acid)	120 mg	133%
Vitamin D3 (as Cholecalciferol)	20 mcg	100%
Vitamin E (as DL-Alpha tocopherol acetate)	14 mg	93%
Thiamine (Vitamin B1)	6 mg	500%
Vitamin B6 (as Pyridoxine HCL)	8 mg	471%
Folate	1,467 mcg DFE (880 mcg Folic Acid)	367%
Vitamin B12 (as Cyanocobalamin)	12 mcg	500%
Biotin	600 mcg	2,000%
Pantothenic Acid	30 mg	600%
Calcium (as Calcium carbonate)	80 mg	6%
Iron (as Ferrous fumarate)	14.5 mg	81%
Magnesium (as Magnesium Oxide)	120 mg	29%

	Amount Per Serving	%DV
Zinc (as Zinc Oxide)	7mg	13%
Manganese (as Manganese amino acid chelate)	4 mg	133%
Potassium (as Potassium gluconate)	12mg	100%
Proprietary Blend:	359 mg	93%
PABA, Horsetail extract (<i>Equisetum arvense</i> L.) (Whole herb), Fo-Ti (<i>Polygonum multiflorum</i>) (root), Bamboo extract (<i>Phyllostachys viridis</i>) (leaf), Peony (<i>Paeonia lactiflora</i>) (root), Spirulina (<i>Arthrospira platensis</i>) (whole plant), Saw palmetto (<i>Serenoa repens</i>) (fruit), Plant sterols (<i>Glycine max</i>) (seed), Alfalfa (<i>Medicago sativa</i>) (herb), Barley grass (<i>Hordeum vulgare</i> L.) (aerial)	359 mg	500%
Vitamin B1	6 mg	471%
Vitamin B6 (as Pyridoxine HCL)	8 mg	367%
Vitamin B12 (as Cyanocobalamin)	12 mcg	500%
Biotin	600 mcg	2,000%
Pantothenic Acid	30 mg	600%
Calcium (as Calcium carbonate)	80 mg	6%
Iron (as Ferrous fumarate)	14.5 mg	81%
Magnesium (as Magnesium Oxide)	120 mg	29%

** Daily Value (DV) Not Established

OTHER INGREDIENTS: Cellulose (Vegetable Capsule), Rice Flour, Magnesium stearate, Silicon dioxide.
CONTAINS: Soy.



Supplement Facts

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	Amount Per Serving	%DV
Zinc (as Zinc Oxide)	7mg	13%
Manganese (as Manganese amino acid chelate)	4 mg	133%
Potassium (as Potassium gluconate)	12mg	100%
Proprietary Blend:	359 mg	93%
PABA, Horsetail extract (<i>Equisetum arvense</i> L.) (Whole herb), Fo-Ti (<i>Polygonum multiflorum</i>) (root), Bamboo extract (<i>Phyllostachys viridis</i>) (leaf), Peony (<i>Paeonia lactiflora</i>) (root), Spirulina (<i>Arthrospira platensis</i>) (whole plant), Saw palmetto (<i>Serenoa repens</i>) (fruit), Plant sterols (<i>Glycine max</i>) (seed), Alfalfa (<i>Medicago sativa</i>) (herb), Barley grass (<i>Hordeum vulgare</i> L.) (aerial)	359 mg	500%
Vitamin B1	6 mg	471%
Vitamin B6 (as Pyridoxine HCL)	8 mg	367%
Vitamin B12 (as Cyanocobalamin)	12 mcg	500%
Biotin	600 mcg	2,000%
Pantothenic Acid	30 mg	600%
Calcium (as Calcium carbonate)	80 mg	6%
Iron (as Ferrous fumarate)	14.5 mg	81%
Magnesium (as Magnesium Oxide)	120 mg	29%

	Amount Per Serving	%DV
Zinc (as Zinc Oxide)	7mg	64%
Manganese (as Manganese amino acid chelate)	4 mg	174%
Potassium (as Potassium gluconate)	12mg	<1%
Proprietary Blend:	359 mg	**
PABA, Horsetail extract (<i>Equisetum arvense</i> L.) (Whole herb), Fo-Ti (<i>Polygonum multiflorum</i>) (root), Bamboo extract (<i>Phyllostachys viridis</i>) (leaf), Nettle root (<i>Urtica dioica</i> L.), Peony (<i>Paeonia lactiflora</i>) (root), Spirulina (<i>Arthrospira platensis</i>) (whole plant), Saw palmetto (<i>Serenoa repens</i>) (fruit), Plant sterols (<i>Glycine max</i>) (seed), Alfalfa (<i>Medicago sativa</i>) (herb), Barley grass (<i>Hordeum vulgare</i> L.) (aerial)	359 mg	**
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OTHER INGREDIENTS: Cellulose (Vegetable Capsule), Magnesium stearate, Silicon dioxide.

