

100%
QUALITY

SATISFACTION
GUARANTEE

NATURE'S TRUTH®

VITAMINS

ULTRA
HAIR, SKIN
& NAILS*
plus BIOTIN

GLUTEN FREE
NON GMO

DIETARY
SUPPLEMENT

60 COATED CAPLETS

Supplement Facts

Serving Size 3 Coated Caplets

Servings Per Container: 20

Amount Per Serving	% Daily Value	
Vitamin A (as Retinyl Palmitate)	750 mcg	83%
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU)	125%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate 666 mcg DFE (400 mcg Folic Acid)		167%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	333%
Biotin (as d-Biotin)	5,000 mcg	16,667%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%
Calcium (as Calcium Carbonate)	500 mg	38%
Zinc (as Zinc Gluconate)	6 mg	55%
Selenium (as Selenium Yeast)	12.5 mcg	23%
Copper (as Copper Amino Acid Chelate)	0.9 mg	100%
Manganese (as Manganese Amino Acid Chelate)	5 mg	217%
Collagen (Hydrolyzed Gelatin)	60 mg	**
Alpha Lipoic Acid	5 mg	**
PABA (Para-Aminobenzoic Acid)	10 mg	**
Choline Bitartrate	10 mg	**

SUPPORTS HEALTHY
HAIR, SKIN AND NAILS†*

Horsetail Extract (<i>Equisetum arvense</i>) (aerial)	3 mg	**
Hyaluronic Acid (as Sodium Hyaluronate)	1 mg	**
Boron (as Boron Citrate, Boron Glycinate, & Boron Aspartate)	500 mcg	**
Proprietary Amino Acid Blend:	3.5 mg	**
L-Cysteine HCl		**
L-Methionine		**

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Starch, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Cellulose Coating.

Contains soy and fish (cod, cusk, flounder, haddock, hake, pollack, redfish, sole) ingredients.

DIRECTIONS: For adults, take three (3) coated caplets daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. Avoid this product if you are allergic to yeast. Not intended for use by persons under the age of 18. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

*Specially formulated for those that are biotin deficient.

NO Gluten, Wheat, Milk, Lactose, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

†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.

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