

swanson.com
or call 1-800-437-4148

- Provides key nutrients for hair, skin and nails
- Enhances collagen formation
- Thickens and strengthens hair and nails

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Hair, Skin & Nails

Beautifying Nutritional Support

COMPREHENSIVE FORMULA

DIETARY SUPPLEMENT | 60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Choline	50 mg	9%
(as choline bitartrate)		
MSM	700 mg	*
(methylsulfonylmethane)		
Horsetail Grass Stem Extract (Equisetum arvense)	250 mg	*
(standardized to 8% silica)		
L-Cysteine	100 mg	*
(as L-cysteine HCl)		
Inositol	25 mg	*
PABA	25 mg	*
(para-aminobenzoic acid)		

*Daily Value not established.

Other ingredients: Calcium carbonate, microcrystalline cellulose (plant fiber), stearic acid, magnesium stearate, croscarmellose sodium, silica, food glaze, magnesium silicate.

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