

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, wheat, gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 2 capsules daily with meals or as directed by your healthcare professional.

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.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/ 15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if inner seal is missing.

Formula #82924

Hair, Skin and Nails Plus

A Dietary Supplement



100 Capsules

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A..... 7,500 IU	150%	Bioflavonoids 37.5 mg	*
(as Vitamin A Palmitate)		PABA 37.5 mg	*
Vitamin C 62.5 mg	104%	(Para-Aminobenzoic Acid)	
(from Calcium Ascorbate/Magnesium		Horsetail 325 mg	*
Ascorbate/Manganese Ascorbate		(aerial part)	
and Ascorbic Acid complex)		(<i>Equisetum arvense</i>	
Calcium 80 mg	8%	with silica)	
(from Calcium Malate/Citrate/		Lecithin (from soy) ... 100 mg	*
Ascorbate complex)		(granules, high in	
Iron (as Ferronyl®)..... 7.5 mg	42%	Phosphatidylcholine)	
Magnesium 55 mg	14%	Gelatin 75 mg	*
(from Magnesium Malate)			
Zinc 7.5 mg	50%		
(from Zinc Krebs†/Malate/Ascorbate			
complex)			
Manganese 5 mg	250%		
(from Manganese Ascorbate)			

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.
†Citrate, Fumarate, Malate, Glutarate and Succinate Complex.