Essential elements

SUGGESTED USE: Take two (2) capsules daily with a meal.

WARNING: READ ENTIRE LABEL PRIOR TO USE. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE. COLOR MAY VARY. Consult a healthcare practitioner if you are pregnant or nursing, have a serious medical condition, use any medications, or are planning to undergo lab testing. Biotin may interfere with lab tests.

GLUTEN-FREE

DAIRY-FREE

SOY-FREE

PEANUT-FREE

SHELLFISH-FREE

*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.

> Questions? (888) 343-9888 ee.fit support@essentialelementsnutrition.com



Promotes Healthy Hair Growth*^ Helps Prevent Everyday Hair Loss* With 5000 mcg of Biotin

"Within the normal growth range

Dietary Supplement

Capsules

Supplement Facts

Serving Size 2 Capsules Servings Per Container 30

Amount Per Serving		% DV
Vitamin A (as Retinyl Palmitate)	900 mcg	100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	13.4 mg	89%
Vitamin K (as Phytonadione)	100 mcg	83%
Thiamin (as Thiamin HCI)	10 mg	833%
Riboflavin	10 mg	769%
Nacin (as Nicotinic Acid)	5 mg	31%
Vitamin B6 (as Pyridoxine HCI)	10 mg	588%
Folate	400 mcg DFE	100%
(240 mea folio		cid)
Biotin	E000 mag	16667%
Pantothenic Acid (as D-Calcium Pantothenate)	40 mg	800%
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Zinc (as Zinc Amino Acid Chelate)	10 mg	91%

1260 mg

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† Daily Value (DV) not established

Other ingredients: Vegetable Cellulose Capsule, Silica. Contains Fish (Whitefish).

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 in a case of accidental overdose, call a doctor or poison control center immediately.

Methylsulfonylmethane (MSM), Hydrolyzed Marine Collagen, Organic Kelp Extract, Saw Palmetto Berry Extract, Bamboo Stem and Leaf Extract (70% Silica), Horsetail Grass, Flaxseed Oil Extract, Borage Oil Extract

Manufactured for Essential elements® Diamond Bar, CA 91765
Manufactured in the USA from globally-sourced ingredients