

For Adult Use Only  
Not for children  
Do not exceed  
recommended intake  
**CHILD RESISTANT CAP**  
Do not use if printed safety  
seal bearing "SEALED for  
YOUR PROTECTION" under cap  
is torn or missing.  
Store at room temperature.  
Avoid excessive heat above  
40°C (104°F).

**Questions?** 1-800-800-4793  
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**ONE A DAY**

# MULTI +

## Hair, Skin & Nails Support<sup>†\*</sup>

### Complete Multivitamin

<sup>†</sup>with biotin, Vitamins A, C, E & zinc  
to support healthy hair, skin & nails<sup>\*</sup>

**multivitamin/multimineral  
supplement**

**120 Gummies**

### Free of:

- artificial sweeteners
- high fructose corn syrup



**Directions:** Adults: **Fully chew** two gummies daily.

### Supplement Facts

Serving Size: 2 Gummies

Servings Per Container: 60

|                                                      | Amount<br>Per Serving               | % Daily<br>Value |
|------------------------------------------------------|-------------------------------------|------------------|
| Calories                                             | 10                                  |                  |
| Total Carbohydrate                                   | 3 g                                 | 1%*              |
| Total Sugars                                         | 2 g                                 | **               |
| Includes 2g Added Sugars                             |                                     | 4%*              |
| Vitamin A (as retinyl acetate)                       | 750 mcg                             | 83%              |
| Vitamin C (as ascorbic acid)                         | 30 mg                               | 33%              |
| Vitamin D (as cholecalciferol)                       | 20 mcg (800 IU)                     | 100%             |
| Vitamin E (as dl-alpha-tocopheryl acetate)           | 6.7 mg                              | 45%              |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride) | 2 mg                                | 118%             |
| Folate                                               | 665 mcg DFE<br>(400 mcg folic acid) | 166%             |
| Vitamin B <sub>12</sub> (as cyanocobalamin)          | 9 mcg                               | 375%             |
| Biotin (as D-biotin)                                 | 1000 mcg                            | 3333%            |
| Calcium (as tricalcium phosphate)                    | 100 mg                              | 8%               |
| Phosphorus (as tricalcium phosphate)                 | 40 mg                               | 3%               |
| Iodine (as potassium iodide)                         | 40 mcg                              | 27%              |
| Zinc (as zinc sulfate)                               | 2.5 mg                              | 23%              |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Glucose Syrup, Sugar, Water, Gelatin; Less than 2% of: Carnauba Wax, Citric Acid, FD&C Blue #1, FD&C Red #40, FD&C Yellow #6, Maltodextrin, Natural Flavor, Vegetable Oil (Palm), White Beeswax.

**Contains:** Wheat.

**KEEP OUT OF REACH OF CHILDREN**

If pregnant, breast-feeding, taking medication, undergoing laboratory testing, or have any medical condition ask a health professional before use.

\*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.