

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, TILAPIA) INGREDIENTS.

SUGGESTED USE: As a dietary supplement for adults, take three (3) caplets daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, have any medical condition or are planning to undergo lab testing, consult your doctor before use. Biotin may interfere with lab tests. 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.

IMPORTANT: Tamper evident seal under cap. Do not use if seal is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

**SATISFACTION
GUARANTEE**

If you're not satisfied, we'll happily refund your money.

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Gluten Free



No Artificial Colors



No Artificial Flavors



Dairy Free



Wheat Free



Lactose Free

**FREE
FROM**

GLUTEN FREE

NO ARTIFICIAL COLORS

MULTI-VITAMIN SUPPLEMENT

HAIR, SKIN & NAILS* + BIOTIN

5,000 mcg per serving

biotin helps support
healthy hair and skin*



**120
CAPLETS
40 SERVINGS**

*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.

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

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	**
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: L-Cysteine HCl, L-Methionine	3.5 mg	**

**Daily Value not established.