

Amount Per Serving	% Daily Value
L-Methionine	100 mg *
Citrus Bioflavonoid Complex	100 mg *
Alpha Lipoic Acid	50 mg *
Choline (as choline bitartrate)	50mg *
Inositol	50 mg *
Grapeseed extract (Activin)	30 mg *
Silica from Horsetail herb (standardized to 7% silica—providing 10 mg of silica)	146 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide, modified cellulose gum, natural vanilla extract, glycerin.

SUGGESTED USE: Take one tablet twice daily with meals in divided doses.

CONTAINS NO sugar, starch, artificial colors, flavors, preservatives, corn, soy, yeast, wheat, grain, gluten, egg, or milk products.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

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 center immediately.

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 MULTI

Supports Healthy Hair, Skin & Nails†

Dietary Supplement

120 VEGETARIAN TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (50% from palmitate, 50% from beta-carotene)	5,000 IU 100%
Vitamin C (as ascorbic acid)	200 mg 333%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU 100%
Thiamin (as thiamin mononitrate)	10 mg 667%
Riboflavin	10 mg 588%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine HCl)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cobalamin)	15 mcg 250%
Biotin	2,000 mcg 667%
Pantothenic Acid (as d-calcium pantothenate)	30 mg 300%
Calcium (from di-calcium phosphate)	200 mg 20%
Iron (from ferrous fumarate)	10 mg 56%
Phosphorous (from di-calcium phosphate)	80 mg 8%
Magnesium (from magnesium oxide)	100 mg 25%
Zinc (from zinc gluconate, oxide)	25 mg 167%
Selenium (from selenium dioxide)	200 mcg 286%
Copper (from copper gluconate)	2 mg 100%
Manganese (from manganous gluconate)	1 mg 50%
Chromium (from chromium chloride)	200 mcg 167%
Molybdenum (from sodium molybdate)	50 mcg 150%
Potassium (from potassium chloride)	50 mg 1%
MSM (Methylsulfonylmethane)	250 mg *
L-Cysteine	250 mg *

KEEP OUT OF REACH OF CHILDREN.

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