

21ST
CENTURY®

healthy renewal formula™

EXTRA STRENGTH

Hair, Skin & Nails

Antioxidants A, C & E
Plus B-Complex Vitamins & Minerals



5000 mcg of Biotin
PER SERVING

90 TABLETS | DIETARY SUPPLEMENT



Directions: As a dietary supplement, adults take three (3) tablets daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature. No added Yeast or Artificial Flavors.

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Supplement Facts

Serving Size 3 Tablets / Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate)	1,500 mcg 167%	Calcium	372 mg 29%
Vitamin C (as Ascorbic Acid)	60 mg 67%	(as Dicalcium Phosphate & Calcium Carbonate)	
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Phosphorus	180 mg 14%
		(as Dicalcium Phosphate)	
Vitamin E	6.75 mg 45%	Magnesium	50 mg 12%
(as dl-Alpha Tocopheryl Acetate)		(as Magnesium Oxide)	
Thiamin (as Thiamin HCl)	5 mg 417%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Riboflavin (Vitamin B-2)	2 mg 154%	Manganese	2 mg 87%
Niacin (as Niacinamide)	25 mg 156%	(as Manganese Gluconate)	
Vitamin B-6	5 mg 295%	PABA	10 mg **
(as Pyridoxine HCl)		(Para-Aminobenzoic Acid)	
Folate	334 mcg DFE 83%	Inositol	30 mg **
	(200 mcg Folic Acid)	Citrus Bioflavonoid /	38 mg **
Vitamin B-12	8 mcg 334%	Rutin Complex	
(as Cyanocobalamin)		Horsetail Powder	3 mg **
Biotin (as d-Biotin)	5,000 mcg 16,667%	(Equisetum arvense) (aerial)	
Pantothenic Acid	15 mg 300%	Collagen (Hydrolyzed Gelatin)	50 mg **
(as d-Calcium Pantothenate)			
Choline (as Choline Bitartrate)	10 mg 2%		

Other Ingredients: Cellulose, Croscarmellose Sodium, Maltodextrin, Stearic Acid, Silicon Dioxide. Contains <2% of: Magnesium Silicate, Magnesium Stearate, PEG, Polysorbate, Polyvinyl Alcohol. 501337-0620N

**ACTUAL
SIZE**

Proudly Manufactured by
21ST Century HealthCare, Inc.
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