



hair, skin and nails

hair[✓] | skin[✓] | nails[✓]
antioxidants[✓]

specialty
240 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 80

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	10000 IU	200%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (Vitamin B1)(as thiamin mononitrate)	10 mg	667%
Riboflavin (Vitamin B2)	10 mg	588%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	16 mcg	267%
Biotin (as D-biotin)	400 mcg	133%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	300%
Calcium (as calcium carbonate)	69 mg	7%
Iron (as iron chelate)	6 mg	33%
Iodine (from potassium iodide)	180 mcg	120%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as selenium chelate)	25 mcg	36%
Manganese (as manganese chelate)	10 mg	500%
Potassium (as potassium citrate)	10 mg	<1%

Other ingredients: Microcrystalline cellulose, maltodextrin, stearic acid, croscarmellose sodium, magnesium stearate, corn starch, silica, calcium sulfate, hydroxypropyl methylcellulose, rice protein, sucrose, polyethylene glycol.

Does not contain: Wheat, Gluten, Salt, Soy, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

✓ 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.

	Amount Per Serving	% Daily Value
Choline (as choline bitartrate)	150 mg	*
Inositol	60 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Citrus Bioflavonoid Complex providing 50% Hesperidin 35 mg	70 mg	*
Bromelain (from pineapple)(2400 GDU/g)	10 mg	*
Betaine HCl	50 mg	*
Papain (<i>Carica papaya</i>)(2000 USP units/mg)	50 mg	*
L-Cysteine (as L-cysteine HCl)	150 mg	*
DL-Methionine	100 mg	*
Gelatin (from bovine)	250 mg	*
Horsetail (<i>Equisetum arvense</i>)(herb) std. to 7% silica 17 mg	250 mg	*
<i>Echinacea purpurea</i> (root)	75 mg	*

* Daily Value not established.

DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

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 immediately.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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