

swanson.com
or call 1-800-437-4148

- Provides key nutrients for hair, skin and nails**
- Enhances collagen formation**
- Thickens and strengthens hair and nails**

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet two times per day with water.

Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

**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 Revitalizing Formula

Hair, Skin and Nails Support**

ADVANCED FORMULA

DIETARY SUPPLEMENT | 60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene).....	600 mcg RAE.....67%
Vitamin C (as ascorbic acid).....	75 mg.....83%
Vitamin E (as d-alpha tocopheryl succinate).....	16.8 mg.....112%
Thiamin (vitamin B1) (as thiamin HCl).....	.5 mg.....417%
Riboflavin (vitamin B2).....	.5 mg.....385%
Niacin.....	5 mg NE.....31%
Vitamin B6 (from pyridoxine HCl).....	.5 mg.....294%
Folate.....	330 mcg DFE.....83%
	(200 mcg folic acid)
Vitamin B12 (as cyanocobalamin).....	50 mcg.....2,083%
Biotin.....	2,500 mcg.....8,333%
Pantothenic Acid (as d-calcium pantothenate).....	.5 mg.....100%
Choline (as choline bitartrate).....	.5 mg.....1%
Zinc (from Albion® zinc bisglycinate chelate).....	10 mg.....91%
Selenium (from Albion® selenium glycinate complex).....	.25 mcg.....45%
Copper (from Albion® copper bisglycinate chelate).....	.1 mg.....111%
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Hydrolyzed Fish Collagen Peptide (tilapia).....	350 mg.....*
Sunflower Lecithin.....	100 mg.....*
L-Cysteine (from L-Cysteine HCl).....	100 mg.....*
MSM (methylsulfonylmethane).....	100 mg.....*
Bamboo Extract (<i>Bambusa Spp.</i>) (stems and shoots) (standardized to 50% silica).....	70 mg.....*
Grape Seed Extract (<i>Vitis vinifera</i>).....	20 mg.....*
(standardized to 95% proanthocyanidins)	
Red Clover (<i>Trifolium pratense</i>) (flowering tops).....	20 mg.....*
Soy Extract (germ) (standardized to 40% isoflavones).....	12.5 mg.....*
Inositol.....	.5 mg.....*
PABA (para-aminobenzoic acid).....	.5 mg.....*
Trans-Resveratrol (from <i>Polygonum cuspidatum</i> root and stem extract).....	2.5 mg.....*

*Daily Value not established.

Other ingredients: Calcium carbonate, stearic acid, tapioca dextrin, croscarmellose sodium, magnesium stearate, silica, microcrystalline cellulose (plant fiber), aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol). **Contains fish (tilapia) and soy.**

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