

CODE 292912

Hair, Skin & Nails Formula

Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU	100%
Vitamin C (as Calcium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol D-3)	200 IU	50%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Folic Acid	200 mcg	50%
Biotin	3000 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	13.5 mg	135%
Calcium (as Calcium Carbonate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	100 mg	10%
Zinc (as Zinc Oxide)	15 mg	100%
L-Cysteine	200 mg	*
MSM (Methylsulfonyl-methane)	100 mg	*
Hydrolyzed Gelatin	100 mg	*
L-Methionine	50 mg	*
alpha-Lipoic Acid	10 mg	*
DMAE (Dimethylaminoethanol)	10 mg	*
Green Tea Leaf Extract (<i>Camellia sinensis</i>)	10 mg	*
Horsetail Rush Stems (<i>Equisetum arvense</i>)	3 mg	*
Boron (as Boron Citrate)	1 mg	*
Pantethine	1500 mcg	*
Lutein (as Lutein Esters)	500 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Vanilla Flavor, Chlorophyll, Sucralose.

CONTAINS: Fish and Soybeans.

Potencies verified by GNC procedure #5015.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

ACTUAL SIZE

Evening Primrose Oil 500

Directions: As a dietary supplement, take one softgel capsule daily with food.

Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat (as Evening Primrose Oil)(<i>Oenothera biennis</i>)	0.5 g	<1%†

† Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: Gelatin, Glycerin.

Typical Fatty Acid Profile per One Capsule:		
Linoleic Acid (LA)(Omega-6)	350 mg	
gamma-Linolenic Acid (GLA)(Omega-6)	40 mg	

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

Advanced Collagen Formula

Directions: As a dietary supplement, take one capsule daily with food.

Supplement Facts	Amount Per Serving	
Serving Size One Capsule		
Amount Per Serving		
Collagen	100 mg	*
L-Cysteine	19 mg	*
L-Glutamine	18 mg	*
L-Serine	17 mg	*
L-Proline	16 mg	*
L-Threonine	15.5 mg	*
L-Arginine	14.5 mg	*
L-Leucine	14 mg	*
* Daily Value not established.		

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide (Natural Mineral Whitener).

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

ACTUAL SIZE

ILG

No Artificial Colors, No Artificial Flavors, No Wheat, No Gluten, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information:
1-888-462-2548

SHOP NOW @ GNC.COM

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GNC QUALITY COMMITMENT

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HAIR, SKIN & NAILS PROGRAM

Dietary Supplement

COMPREHENSIVE NUTRITIONAL PROGRAM TO SUPPORT BEAUTY FROM WITHIN

- 3,000 mcg of biotin
- Skin hydration support
- Collagen support
- Free radical protection

Hair, Skin & Nails Formula - 60 Caplets
Evening Primrose Oil 500 - 30 Softgels
Advanced Collagen Formula - 30 Capsules

30-DAY PROGRAM

HAIR, SKIN & NAILS PROGRAM

GNC Hair, Skin & Nails Program is a comprehensive daily nutritional program that combines our most advanced formulas to support beauty from the inside out. Adequate intake of essential nutrients such as biotin, lutein, and amino acids, along with important antioxidants, helps support beautiful hair, skin and nails.

• Hair, Skin & Nails Formula – A specialized formula featuring nutrients that support normal cell growth in the hair, skin and nails matrix.* It provides 3,000 mcg of biotin, an essential vitamin known to promote beautiful hair, skin and nails.* This formula also features advanced antioxidants including vitamins A and C, alpha-Lipoic acid and green tea which help protect against damaging free radicals that can promote the cell-aging process.* Also includes lutein, an important antioxidant which helps support skin hydration.* This formula combines gelatin with important amino acids for strong, healthy nails.*

• Evening Primrose Oil – A natural source of GLA, an omega-6 fatty acid that helps maintain smooth, healthy-looking skin.* GLA also supports hormonal balance.*

• Advanced Collagen Formula – A sophisticated blend of Type 1 collagen and specific amino acids found in hair, skin and nails. Amino acids are essential building blocks of protein, which is needed for the growth and repair of tissue.*

* 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.