



Beauty Starts On The Inside™

EXTRA STRENGTH HAIR, SKIN and NAILS

5000 mcg of Biotin

per serving

- Lustrous Hair* • Strong Nails*
- Vibrant Skin*

INCLUDING:

Collagen, Alpha Lipoic Acid & Calcium

150 coated caplets **DIETARY SUPPLEMENT**

DIRECTIONS: For adults, take three (3) caplets daily, preferably with meals.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control 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.

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

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Supplement Facts

Serving Size 3 Caplets

Servings Per Container 50

Amount Per Serving	%Daily Value	
Vitamin A (as Vitamin A Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D3 Cholecalciferol)	100 IU	25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Biotin (as d-Biotin)	5,000 mcg (5 mg)	1,667%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	711 mg	71%
Iron (as Ferrous Gluconate)	3 mg	17%
Phosphorus (as Dicalcium Phosphate)	180 mg	18%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as Selenium Yeast)	12.5 mcg	18%
Manganese (as Manganese Gluconate)	5 mg	250%
Sodium	5 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	**
Choline Bitartrate	75 mg	**
Inositol	30 mg	**
Ribonucleic Acid (RNA)	30 mg	**
Citrus Bioflavonoid / Rutin Complex	37.5 mg	**
Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg	**
Hydrolyzed Collagen	50 mg	**
Alpha Lipoic Acid	10 mg	**

**Daily Value not established

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.