

21ST CENTURY®



DIETARY SUPPLEMENT

ADVANCED FORMULA

Hair, Skin & Nails

Natural Herbs, Vitamins and Minerals to Nourish Hair, Skin & Nails*

50 Tablets

Directions: As a dietary supplement, take one (1) or two (2) tablets daily with any meal or as directed by your 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.



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PROUDLY MANUFACTURED BY
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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 Sugar, Yeast, Preservatives or Artificial Flavors.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.



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Other Ingredients: Calcium Carbonate, Cellulose, Stearic Acid, Maltodextrin, Croscarmellose Sodium, Silicon Dioxide, Polydextrose, Titanium Dioxide, Magnesium Stearate, Artificial Colors (Carmine, FD&C Red #40), PEG. **This product contains a soy ingredient.**

Supplement Facts

Serving Size: 1 Tablet

Amount per serving	%DV	Amount per serving	%DV
Vitamin A (Palmitate)	2,500 I.U. 50%	Manganese (Manganese Sulfate)	.6 mg 30%
Vitamin C (Ascorbic Acid)	50 mg 83%	Potassium (Potassium Sulfate)	897 mcg 1%
Vitamin D (Cholecalciferol)	50 I.U. 13%	Choline (Bitartrate)	25 mg **
Vitamin E (dl-alpha Tocopheryl Acetate)	25 I.U. 83%	Betaine	10 mg **
Thiamin (Thiamin Mononitrate, B1)	5 mg 333%	Inositol	10 mg **
Riboflavin (Vitamin B2)	5 mg 294%	PABA	10 mg **
Niacin	7.5 mg 38%	DNA	10 mg **
Vitamin B6 (Pyridoxine HCl)	6.5 mg 325%	RNA	10 mg **
Folic Acid	25 mcg 6%	Tyrosine	7.2 mg **
Vitamin B12 (Cyanocobalamin)	25 mcg 416%	Cysteine	3.5 mg **
Biotin	25 mcg 8%	Soy Protein (Amino Acid Blend)	50 mg **
Pantothenic Acid (D-Calcium Pantothenate)	15 mg 150%	Glutamic Acid, Lysine, Leucine, Aspartic Acid, Isoleucine, Valine, Alanine, Arginine, Histidine, Serine, Threonine, Glycine, Ornithine.	
Calcium (Dicalcium Phosphate)	70 mg 7%	Proprietary Herbal Support Blend	310 mg **
Iron (Ferrous Fumarate)	3.3 mg 18%	Brewers Yeast, Soy Protein, Horsetail Leaf, Parsley Leaf, Rose Hips, Watercress, Kelp, Citrus Bioflavonoids, Lecithin, Rutin.	
Phosphorus (Dicalcium Phosphate)	54 mg 5%		
Iodine (Potassium Iodide)	150 mcg 100%		
Magnesium (Magnesium Oxide)	20 mg 5%		
Zinc (Zinc Gluconate)	.6 mg 4%		

** Daily Value (DV) not established.