

FAMILY
wellness™



HAIR, SKIN AND NAILS

WITH ANTIOXIDANTS C & E
20 ESSENTIAL NUTRIENTS

3,000 mcg OF BIOTIN PER SERVING

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 20

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 I.U.	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	1,000 I.U.	250%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 I.U.	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	2 mg	118%
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)	3,000 mcg (3 mg)	1,000%

Other Ingredients: Cellulose (Plant Origin). Contains <2% of: Cellulose Coating, Croscarmellose, Gelatin, Mannitol, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.

Directions: For adults, take three (3) tablets daily, preferably with a meal.
No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, salt.

Amount Per Serving		%Daily Value
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	90 mg	9%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Manganese (as Manganese Gluconate)	2 mg	100%
PABA (Para-Aminobenzoic Acid)	10 mg	*
Choline Bitartrate	10 mg	*
Inositol	30 mg	*
Citrus Bioflavonoid/Rutin Complex	38 mg	*
Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg	*
Collagen (Hydrolyzed Gelatin)	50 mg	*

*Daily Value not established.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

DISTRIBUTED BY: FAMILY DOLLAR SERVICES, INC.
10401 MONROE ROAD, MATTHEWS, NC 28105 USA

NOT 100% SATISFIED?

Return package and unused product within 30 days to any Family Dollar store for a refund (with receipt) or exchange.



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