



Hair, Skin & Nails - 50 Caplets

Natural Herbs, Vitamins and Minerals To Nourish Hair, Skin & Nails

Quantity:

50 Caplets

Description:

21st Century's® Hair, Skin & Nails is an advanced formula containing natural herbs with vitamins and minerals to enhance beauty from within for today's active women.*

Instructions:

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

For Your Health:

Unconditionally guaranteed for purity, freshness and label potency. No added Sugar, Salt, Yeast, Preservatives, or Artificial Flavors.

Directions:

Take one (1) or two (2) caplets daily with any meal for maximum daily results, or as directed by a healthcare provider.

Other Ingredients: Calcium Carbonate, Stearic Acid, Cellulose, Maltodextrin, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Artificial Colors (Carmine, FD&C Red#40). 0205

Supplement Facts

Serving Size: 1 Caplet

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

** Daily Value (DV) not established.