

SUGGESTED USE: For adults, take three (3) tablets daily, preferably with a meal, or as directed by your health care professional.

CAUTION: 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. **WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six.

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.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE AT ROOM TEMPERATURE.

*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.



Manufactured Exclusively For:
MäritzMayer Laboratories
Norcross, GA 30071
1.800.432.9130
www.MaritzMayer.com



MäritzMayer Laboratories™



**With Extra
Biotin!**

SUPER SKIN HAIR & NAILS 3000™

Helps promote:

- ✓ Healthy Hair*
- ✓ Luminous Skin*
- ✓ Thicker Nails*

Dietary Supplement • 90 Tablets

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% DV
Sodium	10 mg	<1%
Vitamin A (as retinyl palmitate)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Calcium (as dicalcium phosphate & calcium carbonate)	733 mg	73%
Iron (as ferrous gluconate)	3 mg	17%
Vitamin D (as D3 cholecalciferol)	100 IU	25%
Vitamin E (as di-alpha tocopheryl acetate)	15 IU	50%
Thiamin (vitamin B-1) (as thiamin hydrochloride)	5 mg	333%
Riboflavin (vitamin B-12)	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)	3000 mcg	1,000%
Pantothenic Acid (as d-calcium pantothenate)	15 mg	150%
Phosphorus (as dicalcium phosphate)	150 mg	15%
Iodine (as potassium iodide)	112.5 mcg	75%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc gluconate)	7.5 mg	50%
Selenium (as l-selenomethionine)	12.5 mcg	18%
Manganese (as manganese gluconate)	5 mg	250%

Proprietary Formula 225.5 mg †
Choline Bitartrate, Inositol, RNA (ribonucleic acid), Citrus Bioflavonoid (citrus supp.) (fruit), PABA (para-aminobenzoic acid), Betaine Hydrochloride, Rutin, Horsetail (equisetum arvense) (aerial)

% Daily Value (DV) based on a 2000 calorie diet.

† % Daily Value (DV) not established

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