

**Sundown**  
*Naturals*

NEW IMPROVED FORMULA  
with Collagen/Gelatin

# Hair, Skin & Nails

29 Key Ingredients Including  
Antioxidants C & E plus  
Biotin 3000 mcg!

Helps Promote:

• Healthy Hair\* • Vibrant Skin\* • Strong Nails\*

60 CAPLETS DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 3 Caplets  
Servings Per Container 20

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Iodine (as Potassium Iodide)	112.5 mcg 75%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Magnesium (as Magnesium Oxide)	100 mg 25%
Vitamin D (as Cholecalciferol)	100 IU 25%	Zinc (as Zinc Gluconate)	7.5 mg 50%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU 50%	Selenium (as L-Selenomethionine)	12.5 mcg 19%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%	Manganese (as Manganese Gluconate)	5 mg 250%
Riboflavin (Vitamin B-2)	2 mg 118%	Sodium	10 mg <1%
Niacin (as Niacinamide)	25 mg 125%	PABA (Para-Aminobenzoic Acid)	25 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Choline Bitartrate	25 mg **
Folic Acid	200 mcg 50%	Inositol	30 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Citrus Bioflavonoids ( <i>Citrus spp.</i> ) (fruit)	25 mg **
Biotin (as d-Biotin)	3,000 mcg (3 mg) 1,000%	Rutin	12.5 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%	Horsetail Extract ( <i>Equisetum arvense</i> ) (aerial)	3 mg **
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	710 mg 71%	Betaine Hydrochloride	25 mg **
Iron (as Ferrous Gluconate)	3 mg 17%	Collagen (Hydrolyzed Gelatin)	45 mg **
Phosphorus (as Dicalcium Phosphate)	150 mg 15%	Chlorophyll (as Sodium Copper Chlorophyllin)	5 mg **

\*\*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Silica, Vegetable Magnesium Stearate, Cellulose Coating, Gelatin.

Smart  
Facts

Sundown's Hair, Skin and Nails caplets provide a combination of nutrients including Vitamin C and Biotin, that support the structural foundation of your hair, skin and nails.\*

**DIRECTIONS: FOR ADULTS, TAKE THREE (3) CAPLETS DAILY, PREFERABLY WITH MEALS.** As a reminder, discuss the supplements and medications you take with your health care providers.

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, 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.

**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 REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

\*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.

Questions? Call toll free 1-888-VITAHELP (848-2435)  
or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)

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