

Amount Per Serving		%DV
Choline Bitartrate	50 mg	*
Para-Aminobenzoic Acid (PABA)	50 mg	*
Inositol	25 mg	*
L-Glutathione	2 mg	*

* Daily Value (DV) not established

Other Ingredients: Gelatin, Silica, Cellulose, Water, Magnesium Stearate, Rice Powder, Hydrogenated Soybean Oil, Cornstarch.

Manufactured by NATROL, Inc.,
Chatsworth, CA 91311 • USA

1 800 2-NATROL (800 262-8765) • www.natrol.com

NO Yeast, Artificial Colors or Flavors

Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs. People with allergies to soy should consult their healthcare professional before taking this product. Do not use if you are pregnant or lactating.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

† 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.

ITEM: 3010 F: 3000161 L: 2007127-12173



NATROL[®]

Skin Hair Nails

- Naturally Strengthens, Nourishes and Enhances Growth[†]

- Vitamin Enriched

60 CAPSULES
DIETARY SUPPLEMENT



Directions: Take 2 capsules, one time daily, with a meal.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving		%DV
Vitamin A (from Retinol Palmitate)	5,000 IU	100%
Vitamin C (Ascorbic Acid)	100 mg	167%
Vitamin E (from d-Alpha Tocopheryl Succinate)	50 IU	167%
Thiamin (from Thiamin Hydrochloride)	10 mg	667%
Riboflavin (Vitamin B2)	10 mg	588%
Vitamin B6 (from Pyridoxine Hydrochloride)	20 mg	1000%
Vitamin B12 (Cyanocobalamin)	50 mcg	833%
Biotin	500 mcg	167%
Zinc (from Zinc Oxide)	8 mg	53%
Copper (from Copper Chelate)	2 mg	100%
Manganese (from Manganese Carbonate)	2 mg	100%
Methylsulfonylmethane (MSM)	250 mg	*
L-Cysteine Hydrochloride	75 mg	*
Burdock (<i>Arctium lappa</i>) (root)	50 mg	*

LOT/EXP: