

Sundown
Naturals

Hair, Skin & Nails

with **5000 MCG of Biotin**
PER SERVING

Helps Support:

- **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 Vitamin A Palmitate)	5,000 IU 100%	Phosphorus (as Dicalcium Phosphate)	128 mg 13%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	Zinc (as Zinc Gluconate)	7.5 mg 50%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU 50%	Manganese (as Manganese Gluconate)	2 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%	PABA (Para-Aminobenzoic Acid)	10 mg **
Riboflavin (Vitamin B-2)	5 mg 294%	Choline Bitartrate	10 mg **
Niacin (as Niacinamide)	25 mg 125%	Inositol	30 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Ribonucleic Acid (RNA)	10 mg **
Folic Acid	200 mcg 50%	Citrus Bioflavonoid / Rutin Complex	38 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg **
Biotin (as d-Biotin)	5,000 mcg 1,667%	Hydrolyzed Collagen	50 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%	Alpha Lipoic Acid	10 mg **
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	260 mg 26%	**Daily Value not established.	

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

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

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Shellfish. Sodium Free.

**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 A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

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

*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-VITAHHELP (848-2435) or visit us at www.sundownnaturals.com

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