

ITEM #7580
B7581 13H



ACTUAL SIZE



Nutritional Support for your

Skin, Hair and Nails*

With
Key Ingredients
Including

Folic Acid and High Potency Biotin

Dietary Supplement

60 CAPLETS



Supplement Facts

Serving Size 3 Caplets
Servings Per Container 20

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D3 Cholecalciferol)	100 IU	25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	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)	3,000 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	733 mg	73%

Amount Per Serving	%Daily Value
Iron (as Ferrous Gluconate) 3 mg	17%
Phosphorus (as Dicalcium Phosphate)	15%
Iodine (as Potassium Iodide)	75%
Magnesium (as Magnesium Oxide)	25%
Zinc (as Zinc Gluconate) 7.5 mg	50%
Selenium (as L-Selenomethionine)	18%
Manganese (as Manganese Gluconate)	250%
PABA (Para-Aminobenzoic Acid)	25 mg **
Choline Bitartrate	75 mg **
Inositol	30 mg **
Ribonucleic Acid (RNA)	30 mg **
Citrus Bioflavonoid Complex (Citrus spp.) (peel)	25 mg **
Rutin	12.5 mg **
Horsetail (Equisetum arvense) (aerial)	3 mg **
Betaine Hydrochloride	25 mg **

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.
No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit,
No Fish, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

Directions: For adults, take three (3) caplets daily, preferably with a meal.

Skin, Hair and Nails provides a combination of key nutrients including **Folic Acid** along with high potency **Biotin** to help support the structural foundation of your hair, skin and nails.*

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. Store at room temperature. Do not use if seal under cap is broken or missing.

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.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by
Good 'N Natural Manufacturing Corp., Ronkonkoma, NY 11779 USA
800-544-0095 www.GOODNATURAL.com
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