

ITEM #7584
B7581 06D



ACTUAL SIZE



Nutritional Support for your

Skin, Hair and Nails*

With

Key Ingredients

Including

Folic Acid and High Potency Biotin

Dietary Supplement

120 CAPLETS



Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving		%Daily Value
Vitamin A	5,000 IU (as Retinyl Palmitate)	100%
Vitamin C	120 mg (as Ascorbic Acid)	200%
Vitamin D	100 IU (as D3 Cholecalciferol)	25%
Vitamin E	15 IU (as d-Alpha Tocopheryl Acetate)	50%
Thiamin (Vitamin B-1)	5 mg (as Thiamin Hydrochloride)	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6	5 mg (as Pyridoxine Hydrochloride)	250%
Folic Acid	200 mcg	50%
Vitamin B-12	8 mcg (as Cyanocobalamin)	133%
Biotin (as d-Biotin)	3,000 mcg	1,000%
Pantothenic Acid	15 mg (as d-Calcium Pantothenate)	150%
Calcium	733 mg (as Calcium Carbonate and Dicalcium Phosphate)	73%

Amount Per Serving		%Daily Value
Iron	3 mg (as Ferrous Gluconate)	17%
Phosphorus	150 mg (as Dicalcium Phosphate)	15%
Iodine	112.5 mcg (as Potassium Iodide)	75%
Magnesium	100 mg (as Magnesium Oxide)	25%
Zinc	7.5 mg (as Zinc Gluconate)	50%
Selenium	12.5 mcg (as L-Selenomethionine)	18%
Manganese	5 mg (as Manganese Gluconate)	250%
PABA	25 mg (Para-Aminobenzoic Acid)	**
Choline Bitartrate	75 mg	**
Inositol	30 mg	**
Ribonucleic Acid	30 mg (RNA)	**
Citrus Bioflavonoid	25 mg Complex (Citrus spp.) (peel)	**
Rutin	12.5 mg	**
Horsetail	3 mg (Equisetum arvense) (aerial)	**
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.**

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