



Hair, Skin and Nails Plus Formula

A Dietary Supplement



**Douglas
Laboratories®**

100 Capsules

Supplement Facts

Serving Size 2 capsules
Servings Per Container 50

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A 7500 IU (as Vitamin A Palmitate)	150%	Bioflavonoids 37.5 mg	*
Vitamin C 62.5 mg (from buffered mineral ascorbate)	104%	PABA 37.5 mg	*
Calcium 80 mg (from Calcium Malate/Citrate)	8%	(Para-Aminobenzoic Acid)	
Iron (as Ferronyl®) 7.5 mg	42%	Horsetail 325 mg	*
Magnesium 55 mg (from Magnesium Malate)	14%	(aerial part)	
Zinc 7.5 mg (from Zinc Krebs†/Chelate)	50%	(Equisetum arvense with silica)	
Manganese 5 mg (from Manganese Ascorbate)	250%	Lecithin (from soy) 100 mg	*
		(granules, high in Phosphatidylcholine)	
		Gelatin 75 mg	*
		*Daily Value not established.	

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

†Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Manufactured by:
Douglas Laboratories
Pittsburgh, PA 15205
www.douglaslabs.com

This product contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage:

As a dietary supplement, adults take 2 capsules 2 times daily with meals or as directed by your healthcare professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #82924

