

IMPORTANT FACTS YOU SHOULD KNOW

Our balanced formula provides a combination of nutrients, including Vitamin C and Biotin, that support the structural foundation of your hair, skin and nails.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

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. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18.

Quality Guaranteed Lab Tested

Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

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.

Visit us at: Rexall.com or call 1-866-4-REXALL
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GOODLETTSVILLE, TN 37072 USA

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ACTUAL
SIZE

Prod. No.
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Hair, Skin and Nails

Nutrition Support

60 Caplets
Dietary Supplement



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.

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)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	2 mg	118%
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 Dicalcium Phosphate and Calcium Carbonate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	90 mg	9%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Manganese (as Manganese Gluconate)	2 mg	100%
PABA (Para-Aminobenzoic Acid)	10 mg	**
Choline Bitartrate	10 mg	**
Inositol	30 mg	**
Citrus Bioflavonoid / Rutin Complex	38 mg	**
Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg	**
Collagen (Hydrolyzed Gelatin)	50 mg	**

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Contains <2% of: Cellulose Coating, Croscarmellose, Gelatin, Mannitol, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

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