

Amount Per Serving	% Daily Value
MSM (methylsulfonylmethane).....	125 mg *
L-methionine	50 mg *
Citrus bioflavonoid complex	50 mg *
Alpha lipoic acid	50 mg *
Silica	50 mg *
Choline	25 mg *
Inositol	25 mg *
Grapeseed extract (ActiVn®)	15 mg *

Other Ingredients: Dibasic calcium phosphate, cellulose, stearic acid (vegetable source), magnesium stearate (vegetable source), modified cellulose gum, natural vanilla extract and glycerin.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

To report a serious adverse event, call 1-888-710-0006

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.

HAIR, SKIN & NAILS MULTI

Dietary Supplement

60 VEGETARIAN TABLETS



Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A (50% as beta-carotene, 50% as palmitate)	2,500 IU 50%
Vitamin C (as ascorbic acid)	100 mg 187%
Vitamin D3 (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl succinate)	15 IU 50%
Thiamin (as thiamin mononitrate)	5 mg 333%
Riboflavin	5 mg 294%
Niacin (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine HCl)	5 mg 250%
Folic Acid	200 mcg 50%
Vitamin B12 (as cobalamin)	7.5 mcg 125%
Biotin	1,000 mcg 333%
Pantothenic Acid (as d-calcium pantothenate) ..	15 mg 150%
Calcium (from di-calcium phosphate)	100 mg 10%
Iron (from ferrous fumarate)	5 mg 28%
Phosphorous (from di-calcium phosphate)	77 mg 8%
Magnesium (from magnesium oxide)	50 mg 13%
Zinc (from zinc gluconate)	12.5 mg 83%
Selenium (from selenomethionine)	100 mcg 143%
Copper (from copper gluconate)	1 mg 50%
Manganese (from manganous gluconate)	0.5 mg 25%
Chromium (from chromium chloride)	100 mcg 83%
Molybdenum (from sodium molybdate)	25 mcg 33%
Potassium (from potassium chloride)	25 mg 1%

