

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.



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

WARNING: Please consult your doctor before use. Stop use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER PROD. #7997
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured for Vitamin World, Inc.
 Holbrook, NY 11741 U.S.A.
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 B52181 09E

NUTRITION FROM THE SOURCE™

Hair|Skin|Nails

VIBRANT SKIN, HEALTHY HAIR, STRONG NAILS*

Type I and III Collagen

with over 15 Key Ingredients
 3000 mcg of Biotin per serving

HEALTH & BEAUTY

240 COATED CAPLETS | VITAMIN SUPPLEMENT

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

Supplement Facts

Serving Size 3 Caplets
 Servings Per Container 80

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Phosphorus (as Dicalcium Phosphate)	90 mg 9%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	Zinc (as Zinc Gluconate)	7.5 mg 50%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU 50%	Manganese (as Manganese Gluconate)	2 mg 100%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%	PABA (Para-Aminobenzoic Acid)	10 mg **
Riboflavin (Vitamin B-2)	2 mg 118%	Choline Bitartrate	10 mg **
Niacin (as Niacinamide)	25 mg 125%	Inositol	30 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Citrus Bioflavonoid/Rutin Complex	38 mg **
Folic Acid	200 mcg 50%	Horsetail Powder (Equisetum arvense) (aerial)	3 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Collagen (Hydrolyzed Gelatin) (Type I and III)	50 mg **
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%		

Other Ingredients: Vegetable Cellulose. Contains <2% of: Gelatin, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

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



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Each serving provides you with 3,000 mcg of Biotin, a water soluble B-Vitamin that helps support and maintain healthy Hair, Skin and Nails.* We also include 5,000 IU of Vitamin A, an antioxidant vitamin essential for healthy skin, as well as a variety of nutrients and herbs traditionally used to support beauty from within.*

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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 (Equisetum arvense) (aerial)	3 mg **
Collagen (Hydrolyzed Gelatin) (Type I and III)	50 mg **

**Daily Value not established.

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