



Hair, Skin & Nails

3,000 mcg of Biotin
per serving

everyday health support™*

DIETARY SUPPLEMENT

120 Tablets

Actual
Size

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG
ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR
PREVENT ANY DISEASE.

Our balanced formula provides a combination of
nutrients, including Biotin, which supports your hair,
skin and nails.*

WARNING: If you are pregnant, nursing, taking any medications, planning any
medical 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. KEEP OUT OF REACH OF
CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED. TAMPER
RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 40

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 5,000 I.U.	100%	Magnesium 50 mg	13%
Vitamin C 60 mg	100%	Zinc 7.5 mg	50%
Vitamin D 1,000 I.U.	250%	Manganese 2 mg	100%
Vitamin E 15 I.U.	50%	PABA 10 mg	**
Thiamin 5 mg	333%	(Para-Aminobenzoic Acid)	
Riboflavin 2 mg	118%	Choline Bitartrate 10 mg	**
Niacin 25 mg	125%	Inositol 30 mg	**
Vitamin B-6 5 mg	250%	Citrus Bioflavonoid/ 38 mg	**
Folic Acid 200 mcg	50%	Rutin Complex	
Vitamin B-12 8 mcg	133%	Rutin 12.5 mg	**
Biotin 3,000 mcg (3 mg)	1,000%	Horsetail Powder 3 mg	**
Pantothenic Acid 15 mg	150%	(<i>Equisetum arvense</i>) (aerial)	
Calcium 200 mg	20%	Collagen 50 mg	**
Phosphorus 90 mg	9%	(Hydrolyzed Gelatin)	

**Daily Value not established.

INGREDIENTS: CELLULOSE (PLANT ORIGIN), DICALCIUM PHOSPHATE, CALCIUM CARBONATE, MAGNESIUM
OXIDE, ASCORBIC ACID, ZINC GLUCONATE, COLLAGEN (BOVINE), CITRUS BIOFLAVONOID COMPLEX,
INOSITOL, CROSCARMELLOSE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, MANGANESE GLUCONATE,
DL-ALPHA TOCOPHERYL ACETATE, SILICA, VEGETABLE MAGNESIUM STEARATE, CHOLINE BITARTRATE,
PARA-AMINOBENZOIC ACID, THIAMIN HYDROCHLORIDE, PYRIDOXINE HYDROCHLORIDE, CELLULOSE
COATING, RETINYL PALMITATE, GELATIN (FISH), D-BIOTIN, HORSETAIL STEM POWDER, RIBOFLAVIN, STARCH,
MANNITOL, RUTIN, FOLIC ACID, NATURAL PALM LEAF GLAZE, CHOLECALCIFEROL, CYANOCOBALAMIN.

CONTAINS: FISH (COD, CUSK, FLOUNDER, HADDOCK, HAKE, POLLOCK, REDFISH, SOLE).

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Gluten Free

SUGGESTED USE: Take three (3) tablets daily with a full glass of water, preferably after a meal.

USE BY:

QUALITY GUARANTEE • 800-632-6900 • www.kroger.com



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