

FOR YOUR PROTECTION,
DO NOT USE IF SEAL
UNDER CAP IS BROKEN
OR MISSING.



Hair, Skin & Nails

DIETARY SUPPLEMENT
Over 15 key ingredients
including Biotin and Antioxidants

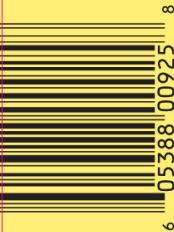
♀ COLLAGEN SUPPORT *

Hair, Skin & Nails provides a combination of
nutrients that support healthy hair, skin and nails.*

240 CAPLETS

*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.

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Supplement Facts

Serving Size 3 Caplets
Servings Per Container 80

Amount Per Serving			Amount Per Serving		
% Daily Value			% Daily Value		
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg	20%
Vitamin C (as Ascorbic Acid)	60 mg	100%	Phosphorus (as Dicalcium Phosphate)	90 mg	9%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%	Magnesium (as Magnesium Oxide)	50 mg	13%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	50%	Zinc (as Zinc Gluconate)	7.5 mg	50%
Thiamine (Vitamin B-1) (as Thiamine Hydrochloride)	5 mg	333%	Manganese (as Manganese Gluconate)	2 mg	100%
Riboflavin (Vitamin B-2)	2 mg	118%	PABA (Para-Aminobenzoic Acid)	10 mg	†
Niacin (as Niacinamide)	25 mg	125%	Choline Bitartrate	10 mg	†
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%	Inositol	30 mg	†
Folic Acid	200 mcg	50%	Citrus Bioflavonoid / Rutin Complex	38 mg	†
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%	Horsetail Powder (Equisetum arvense) (aerial)	3 mg	†
Biotin (as d-Biotin)	3,000 mcg	1,000%	Collagen (Hydrolyzed Gelatin)	50 mg	†
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%	†Daily Value not established.		

OTHER INGREDIENTS: Cellulose (Plant Origin). Contains <2% of: Cellulose Coating, Croscarmellose, Gelatin, Maltodextrin, Mannitol, Natural Palm Leaf Glaze, Polysorbate 80, Silica, Triacetin, Vegetable Magnesium Stearate.
CONTAINS COD, CUSK, FLOUNDER, HADDOCK, HAKE, POLLOCK, REDFISH AND SOLE.

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PRODUCT OF BULGARIA, CHINA, DENMARK, GERMANY, INDIA, ISRAEL, JAPAN, POLAND, SWITZERLAND, AND UNITED STATES

SUGGESTED USE: Adults, take three caplets daily, preferably with a meal.

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.

KEEP OUT OF REACH OF CHILDREN.
Store at room temperature 59°- 86°F (15°- 30°C). Keep bottle tightly closed.

• QUALITY GUARANTEED •
For questions or comments call 1-866-251-1662.
Walmart.com/springvalley

Item No. 57783
B52181W 01A
FRESHNESS AND POTENCY GUARANTEED THROUGH: