

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.  
For More Information:  
1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

\* 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.



**GNC**

# WOMEN'S Hair, Skin & Nails Formula

Dietary Supplement

**SUPPORTS BEAUTY  
FROM WITHIN\***

- 3,000 mcg of Biotin
- Skin Support
- Antioxidants



PHYSICIAN  
ENDORSED\*

**120 TABLETS**

CODE 210222

**Directions:** As a dietary supplement, take two tablets daily with food.

AQG

## Supplement Facts

Serving Size Two Tablets  
Servings Per Container 60

| Amount Per Serving                                                | % Daily Value |
|-------------------------------------------------------------------|---------------|
| Vitamin A.....5000 IU.....100%                                    |               |
| (50% as beta-Carotene; 50% as Retinyl Acetate)                    |               |
| Vitamin C (as Calcium Ascorbate).....120 mg.....200%              |               |
| Vitamin D (as Cholecalciferol D-3).....200 IU.....50%             |               |
| Vitamin E.....30 IU.....100%                                      |               |
| (as Natural d-alpha Tocopheryl Acetate)                           |               |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate).....1.5 mg.....100% |               |
| Riboflavin (Vitamin B-2).....1.7 mg.....100%                      |               |
| Niacin (as Niacinamide).....20 mg.....100%                        |               |
| Folic Acid.....200 mcg.....50%                                    |               |
| Biotin.....3000 mcg.....1000%                                     |               |
| Pantothenic Acid (as Calcium d-Pantothenate).....13.5 mg.....135% |               |
| Calcium (as Calcium Carbonate).....200 mg.....20%                 |               |

| Amount Per Serving                                                  | % Daily Value |
|---------------------------------------------------------------------|---------------|
| Phosphorus (as Dicalcium Phosphate).....100 mg.....10%              |               |
| Zinc (as Zinc Oxide).....15 mg.....100%                             |               |
| L-Cysteine.....200 mg.....*                                         |               |
| MSM (Methylsulfonyl-methane).....100 mg.....*                       |               |
| Hydrolyzed Gelatin.....100 mg.....*                                 |               |
| L-Methionine.....50 mg.....*                                        |               |
| alpha-Lipoic Acid.....10 mg.....*                                   |               |
| DMAE (Dimethylaminoethanol).....10 mg.....*                         |               |
| Green Tea Leaf Extract ( <i>Camellia sinensis</i> ).....10 mg.....* |               |
| Horsetail Rush Stems ( <i>Equisetum arvense</i> ).....3 mg.....*    |               |
| Boron (as Boron Citrate).....1 mg.....*                             |               |
| Pantethine.....1.5 mg.....*                                         |               |
| Lutemax 2020™ Lutein.....500 mcg.....*                              |               |
| Zeaxanthin.....100 mcg.....*                                        |               |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Vegetable Acetoglycerides, Chlorophyllin, Sucralose.

**CONTAINS: Fish and Soybeans.**

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.



Lutemax 2020™ is a trademark of OmniActive Health Technologies.

\* This product is endorsed by the GNC Medical Advisory Board. This team of esteemed physicians utilizes their extensive medical knowledge and experience to aid in the creation of GNC premium products, helping you to achieve optimal health through comprehensive nutritional support so you can live your best life!



GLUTEN  
FREE