

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.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

Lutemax[®]
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of OmniActive Health Technologies.

Pantesin[®]
Pantesin[®] is a registered trademark
of Kyowa Pharma Chemical Co. Ltd.

**PHYSICIAN
ENDORSED[®]**

* 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!

OUR QUALITY COMMITMENT TO YOU
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.

 Please recycle this box.

**WOMEN'S
Hair, Skin & Nails Program**

Get support for beautiful hair, skin and nails with this comprehensive daily nutritional program.

- Biotin**
Features 3,000 mcg of biotin, an essential vitamin for healthy hair, skin and nails, as well as energy metabolism.*
- Evening Primrose Oil**
Promotes healthy skin and is a natural source of GLA, which supports hormonal balance.*
- Collagen and Amino Acids**
Provides collagen to support healthy skin structure and amino acids, essential building blocks of protein needed for tissue growth and repair, to support healthy skin and nails.*
- Antioxidants**
Filled with antioxidants, including clinically studied Lutemax[®] lutein, to help protect from harmful free radicals, which contribute to cell aging.*

* 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.



WOMEN'S Hair, Skin & Nails Program

Dietary Supplement

**COMPREHENSIVE NUTRITIONAL PROGRAM
TO SUPPORT BEAUTY FROM WITHIN***

- 3,000 mcg of biotin for beautiful hair, skin & nails*
- Evening primrose oil for healthy skin and hormonal balance*
- Collagen to support skin structure and amino acids for skin and nails*

**PHYSICIAN
ENDORSED[®]**

Hair, Skin & Nails Formula - 60 Caplets
Evening Primrose Oil 500 - 30 Softgels
Advanced Collagen Formula - 30 Capsules

30-DAY PROGRAM

CODE 303911
The program includes:
Hair, Skin & Nails Formula
Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts		
Serving Size Two Caplets/Servings Per Container 30		
Amount Per Serving		% Daily Value
Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate)	5000 IU	100%
Vitamin C (as Calcium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol D-3)	200 IU	50%
Vitamin E (as d-alpha Tocopheryl Acetate)	30 IU	100%
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%
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 (Camellia sinensis)	10 mg	*
Horsetail Rush Stems (Equisetum arvense)	3 mg	*
Boron (as Boron Citrate)	1 mg	*
Pantesin [®] Pantethine	1500 mcg	*
Lutemax [®] 2020 Lutein	500 mcg	*
Zeaxanthin (as Zeaxanthin Isomers)	125 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.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Evening Primrose Oil 500
Directions: As a dietary supplement, take one softgel capsule daily with food.

Supplement Facts		
Serving Size One Softgel Capsule		
Amount Per Serving		% Daily Value
Calories		5
Calories from Fat		5
Total Fat (as Evening Primrose Oil)(<i>Oenothera biennis</i>)	0.5 g	<1%†
† Percent Daily Value based on a 2,000 calorie diet.		
Other Ingredients: Gelatin, Glycerin.		
Typical Fatty Acid Profile per One Capsule:		
Linoleic Acid (LA)(Omega-6)	350 mg	
gamma-Linolenic Acid (GLA)(Omega-6)	40 mg	
Conforms to USP <2091> for weight. Meets USP <2040> disintegration.		

ACTUAL SIZE

Advanced Collagen Formula
Directions: As a dietary supplement, take one capsule daily with food.

Supplement Facts		Amount Per Serving
Serving Size One Capsule		
Amount Per Serving		
Collagen	100 mg*	Glycine 13 mg*
L-Cysteine	19 mg*	L-Valine 12 mg*
L-Glutamine	18 mg*	L-Aspartic Acid 11 mg*
L-Serine	17 mg*	L-Alanine 10 mg*
L-Proline	16 mg*	L-Lysine 9 mg*
L-Threonine	15.5 mg*	L-Isoleucine 8 mg*
L-Arginine	14.5 mg*	L-Tyrosine 7 mg*
L-Leucine	14 mg*	L-Phenylalanine 6 mg*
		L-Histidine 5.5 mg*
		L-Methionine 4.5 mg*
* Daily Value not established.		

Other Ingredients: Cellulose, Gelatin, Titanium Dioxide (Natural Mineral Whitener).
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE