

Since 1903
Rexall

Naturalist[®]

Hair, Skin & Nails

5,000 mcg of Biotin per serving



With Antioxidants C and E

Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 20

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Phosphorus (as Dicalcium Phosphate)	128 mg 13%
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)	5 mg 294%	Choline Bitartrate	10 mg **
Niacin (as Niacinamide)	25 mg 125%	Inositol	30 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Ribonucleic Acid (RNA)	10 mg **
Folic Acid	200 mcg 50%	Citrus Bioflavonoid / Rutin Complex	38 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg **
Biotin (as d-Biotin)	5,000 mcg 1,667%	Hydrolyzed Collagen	50 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%	Alpha Lipoic Acid	10 mg **
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	260 mg 26%		

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Gelatin (Bovine, Fish). **Contains <2% of:** Cellulose Coating, Croscarmellose, Hypromellose, Mannitol, Silica, Vegetable Magnesium Stearate.

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

IMPORTANT FACTS YOU SHOULD KNOW

This specialized formula provides a combination of nutrients that support the structural foundation of your hair, skin and nails.* Vitamins C and E help fight cell-damaging free radicals in the body.*

DIRECTIONS: FOR ADULTS, TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH A MEAL.

No wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, sodium.

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

Visit us at Rexall.com or call 1-866-4-REXALL

MANUFACTURED BY
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