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Made In The
USA with select
ingredients
from around
the world

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SUNDOWN[®]
NATURALS

**HAIR, SKIN
& NAILS**

**5000_{mcg} BIOTIN
PER SERVING**

Supports Health & Beauty*

120 Caplets / Multi-Vitamin Supplement

**100%
FREE OF**



**NO DAIRY /
LACTOSE**



**NO ARTIFICIAL
FLAVORS**



NON-GMO

Certified



Gluten-Free

DIRECTIONS: FOR ADULTS, TAKE THREE (3) CAPLETS DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving	%Daily Value
Vitamin A (as Vitamin A Palmitate)	1,500 mcg 167%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU) 125%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%
Riboflavin (Vitamin B-2)	5 mg 385%
Niacin (as Niacinamide)	25 mg 156%

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Silica, Vegetable Magnesium Stearate.

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

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. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

Amount Per Serving	%Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%
Folate	333 mcg DFE 83% (200 mcg folic acid)
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%
Biotin (as d-Biotin)	5,000 mcg 16,667%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	255 mg 20%
Phosphorus (as Dicalcium Phosphate)	128 mg 10%
Magnesium (as Magnesium Oxide)	50 mg 12%
Zinc (as Zinc Gluconate)	7.5 mg 68%

Non-GMO. No Gluten, No Wheat, No Milk, No Lactose, No Artificial Color, No Artificial Flavor, No Preservatives, No Sugar, No Shellfish. Sodium Free.

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.

Questions? Call toll free 1-888-VITAHELP (848-2435)

or visit us at www.sundownnaturals.com

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Amount Per Serving	%Daily Value
Manganese (as Manganese Gluconate)	2 mg 87%
PABA (Para-Aminobenzoic Acid)	10 mg **
Choline Bitartrate	10 mg **
Inositol	30 mg **
Ribonucleic Acid (RNA)	10 mg **
Citrus Bioflavonoid / Rutin Complex	38 mg **
Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg **
Hydrolyzed Collagen	50 mg **
Alpha Lipoic Acid	10 mg **

**Daily Value not established.

SMART FACTS

- No Artificial Colors
- No Preservatives
- B Vitamins Aid in the Conversion of Food into Energy*

*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.