

Directions: Take 1 caplet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† 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.



NO SUGAR, STARCH, WHEAT, MILK, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS.

Since 1962

Hair, Skin & Nails

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

with biotin & collagen

promotes healthy hair, skin & nails[†]

60
CAPLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Caplet

	Amount Per Serving	% Daily Value
Niacin [‡]	35 mg	175%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	5 mcg	83%
Biotin	150 mcg	50%
Pantothenic acid (as D-calcium pantothenate)	100 mg	1,000%
Calcium (as dicalcium phosphate, tricalcium phosphate)	150 mg	15%
Iron (as ferrous fumarate)††	4.5 mg	25%
Phosphorus (as dicalcium phosphate & tricalcium phosphate)	110 mg	11%
Iodine (from kelp (Ascophyllum nodosum)†)	150 mcg	100%
Zinc (as zinc citrate)	10 mg	67%
Copper (as copper gluconate)	1 mg	50%
Manganese (as manganese gluconate)	4.5 mg	225%
Silica (as silicon dioxide)	27 mg	*
Hydrolyzed collagen	100 mg	*
Organic sulfur complex	25 mg	*
Soy Lecithin	50 mg	*
Herbal Base: Alfalfa leaf, fo-ti root & horsetail (aerial parts)	100 mg	*
PABA	30 mg	*

*Daily value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, calcium silicate and pharmaceutical glaze.

Distributed by: Foods Plus®
10 Henderson Drive, West Caldwell, New Jersey 07006

† CAUTION: Transient flushing and feeling of warmth might be associated with the ingestion of niacin-containing products. **††WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.