



NATURALIST®

Hair, Skin & Nails



With Antioxidants C and E, and 5,000 mcg of Biotin per serving.

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)	1,500 mcg 167%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	255 mg 20%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Phosphorus (as Dicalcium Phosphate)	128 mg 10%
Vitamin D (as D3 Cholecalciferol)	25 mcg 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%	Manganese (as Manganese Gluconate)	2 mg 87%
Riboflavin (Vitamin B-2)	5 mg 385%	PABA (Para-Aminobenzoic Acid)	10 mg **
Niacin (as Niacinamide)	25 mg 156%	Choline Bitartrate	10 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%	Inositol	30 mg **
Folate	333 mcg DFE 83% (200 mcg folic acid)	Ribonucleic Acid (RNA)	10 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%	Citrus Bioflavonoid / Rutin Complex	38 mg **
Biotin (as d-Biotin)	5,000 mcg 16,667%	Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%	Hydrolyzed Collagen	50 mg **
		Alpha Lipoic Acid	10 mg **
		**Daily Value not established.	

Other Ingredients: Cellulose (Plant Origin), Gelatin, (Bovine, Fish, Porcine). 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.*

Quality Guaranteed Lab Tested
Laboratory tested to meet strict
quality control standards for
potency, purity and
disintegration.
100% Quality Guaranteed.

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.

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ACTUAL
SIZE

Manufactured by Rexall Sundown, Inc.
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