

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 ( <i>Camellia sinensis</i> )      | 10 mg *        |
| Horsetail Rush Stems ( <i>Equisetum arvense</i> )        | 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  |                                |
| <b>Amount Per Serving</b> |                                |
| Collagen                  | 100 mg*                        |
| L-Cysteine                | 19 mg*                         |
| L-Glutamine               | 18 mg*                         |
| L-Serine                  | 17 mg*                         |
| L-Proline                 | 16 mg*                         |
| L-Threonine               | 15.5 mg*                       |
| L-Arginine                | 14.5 mg*                       |
| L-Leucine                 | 14 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

JRG

**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**

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# 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\*

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

## 30-DAY PROGRAM



## 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.