

Suggested Use: For adults, take three (3) tablets daily, preferably with meals.

Store at room temperature.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

No Artificial Color or Flavor, No Preservatives,
No Sugar, No Milk, No Lactose, No Gluten,
No Wheat, No Fish.

*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.

BioSource Labs 1.866.537.2214
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BIO**SOURCE**[™]
LABS

100% Pure

**ALL NATURAL
FORMULA**

Complete Hair, Skin & Nails

**WITH
BIOTIN
AND
VITAMIN
B-12**

FORMULATED FOR OPTIMAL HAIR,
SKIN & NAIL HEALTH

Strengthens • Protects • Stimulates Growth

FULL STRENGTH

90 Tablets

DIETARY SUPPLEMENT

**Gluten, Wheat &
Dairy Free
Suitable
for Vegetarians**

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving	Amount	% DV
Total Carbohydrate	<1 g	<1%**
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D3 (as Cholecalciferol)	100 IU	25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Biotin (as d-Biotin)	3,000 mcg (3 mg)	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	733 mcg	73%
Iron (as Ferrous Fumarate)	3 mg	17%
Phosphorus (as Dicalcium Phosphate)	150 mg	15%
Iodine (as Potassium Iodide)	112.5 mcg	75%
Magnesium (as Magnesium Oxide)	100 mcg	25%
Zinc (as Zinc Oxide)	7.5 mg	50%
Selenium (as Sodium Selenate)	12.5 mcg	18%
Manganese (as Manganese Sulfate)	5 mg	250%
Sodium	10 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	**
Choline Bitartrate	75 mg	**
Inositol	30 mg	**
Ribonucleic Acid (RNA)	30 mg	**
Citrus Bioflavonoids (Citrus spp.) (fruit)	25 mg	**
Rutin	12.5 mg	**
Horsetail (Equisetum arvense) (aerial)	3 mcg	**
Betaine Hydrochloride	25 mcg	**

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