

** from L-OptiZinc®, a patented 1:1 complex of zinc and methionine (U.S. Patents 4,764,633 & 5,278,329).
L-OptiZinc® is a trademark of InterHealth Co.

*** from Opti-MSM, a premium brand of MSM manufactured by Bergstrom Nutrition.

Contains No sugar, salt, dairy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take three (3) tablets daily at mealtime, or as directed by a health care professional. Store in a cool, dry place and away from direct light.
KEEP OUT OF REACH OF CHILDREN.

«Client Address Placeholder»

Hair, Skin & Nails

Dietary Supplement
90 Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as palmitate) 2,750 mcg (5,000 IU)	306%	Zinc** (as monomethionine) 5 mg	45%
Vitamin C (as ascorbic acid) 60 mg	67%	Selenium (as l-selenomethionine) 200 mcg	364%
Vitamin D (as cholecalciferol) 5 mcg (200 IU)	25%	Copper (as amino acid chelate) 1 mg	111%
Vitamin E (as d-alpha tocopheryl succinate) 24.79 mg (30 IU)	165%	Manganese (as amino acid chelate) 5 mg	217%
Vitamin B-1 (as thiamine hydrochloride) 25 mg	2,083%	MSM (methylsulfonylmethane)*** 200 mg	*
Vitamin B-2 (as riboflavin) 25 mg	1,923%	Horsetail leaf extract 100 mg	*
Niacin (as niacinamide) 20 mg	125%	Inositol 25 mg	*
Vitamin B-6 (as pyridoxine hydrochloride) 25 mg	1,471%	PABA (as para aminobenzoic acid) 10 mg	*
Folate 667 mcg DFE (400 mcg folic acid)	167%	Boron (as citrate, aspartate, glycinate) 1 mg	*
Vitamin B-12 (as cyanocobalamin) 100 mcg	4,167%	L-Cysteine (as citrate, aspartate, glycinate) 300 mg	*
Biotin 1,200 mcg	4,000%	Citrus bioflavonoids 100 mg	*
Pantothenic acid (as d-calcium pantothenate) 100 mg	2,000%	Nettle leaf powder 100 mg	*
Choline (as bitartrate) 25 mg	5%	L-Methionine 50 mg	*
Calcium (as carbonate, amino acid chelate) 300 mg	23%	Trace minerals 50 mg	*
Magnesium (as oxide, amino acid chelate) 60 mg	14%		

*Daily Value not established

Other Ingredients: Cellulose, cellulose gum, vegetable stearin, silica, dicalcium phosphate and magnesium stearate. Contains soy.



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