** 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

180 Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets
Servings Per Container 60

Amount Per Serving	% DV
Vitamin A 2,750 mcg (5,000 IU) (as palmitate)	306%
Vitamin C 60 mg (as ascorbic acid)	67%
Vitamin D 5 mcg (200 IU) (as cholecalciferol)	25%
Vitamin E 74.79 mg (36 IU) (as d-alpha tocopheryl succinate)	165%
Vitamin B-1 25 mg (as thiamine hydrochloride)	2,083%
Vitamin B-2 (as riboflavin) 25 mg	1,923%
Niacin (as niacinamide) 20 mg	125%
Vitamin B-6 25 mg (as pyridoxine hydrochloride)	1,471%
Folate 667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 100 mcg (as cyanocobalamin)	4,167%
Biotin 1,200 mcg	4,000%
Pantothenic acid 100 mg (as d-calcium pantothenate)	2,000%
Choline (as bitartrate) 25 mg	5%
Calcium 300 mg (as carbonate, amino acid chelate)	23%
Magnesium 60 mg (as oxide, amino acid chelate)	14%
Zinc ** 5 mg (as monomethionine)	45%
Selenium 200 mcg (as l-selenomethionine)	364%
Copper 1 mg (as amino acid chelate)	111%
Manganese 5 mg (as amino acid chelate)	217%
MSM 200 mg (methylsulfonylmethane)***	*
Horsetail leaf extract 100 mg	*
Inositol 25 mg	*
PABA 10 mg (as para aminobenzoic acid)	*
Boron 1 mg (as citrate, aspartate, glycinate)	*
L-Cysteine 300 mg	*
Citrus bioflavonoids 100 mg	*
Nettle leaf powder 100 mg	*
L-Methionine 50 mg	*
Trace minerals 50 mg	*

* Daily Value not established

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

Quality AND Potency GUARANTEED

1243 T003

BAR CODE PLACEHOLDER
DO NOT REMOVE