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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.

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)	1,500 mcg (5,000 IU) 167%	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 α -tocopheryl succinate)	24.79 mg 165%	Manganese (as amino acid chelate)	5 mg 217%
Vitamin B-1 (as thiamine hydrochloride)	25 mg 2,083%	L-Cysteine MSM (methylsulfonylmethane)**	300 mg *
Vitamin B-2 (as riboflavin)	25 mg 1,923%	Citrus bioflavonoids	100 mg *
Niacin (as niacinamide)	20 mg 125%	Horsetail leaf extract	100 mg *
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg 1,471%	Nettle leaf powder	100 mg *
Folate (400 mcg folic acid)	680 mcg DFE 170%	L-Methionine	50 mg *
Vitamin B-12 (as cyanocobalamin)	100 mcg 4,167%	Trace minerals	50 mg *
Biotin	1,200 mcg 4,000%	Inositol	25 mg *
Pantothenic acid (as D-calcium pantothenate)	100 mg 2,000%	PABA	10 mg *
Choline (as bitartrate)	25 mg 5%	Boron (as citrate, aspartate, glycinate)	1 mg *
Calcium (as carbonate, amino acid chelate)	300 mg 25%		
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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