

# HAIR, SKIN & NAILS

*Dietary Supplement*

<b>Supplement Facts</b>		Serving Size: 3 Tablets
<b>Amount Per Serving</b>	<b>% Daily Value</b>	
Vitamin A (as palmitate)	5,000 iu	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	200 iu	50%
Vitamin E (as d-alpha tocopheryl succinate)	30 iu	100%
Vitamin B-1 (as thiamin hydrochloride)	25 mg	1,667%
Vitamin B-2 (as riboflavin)	25 mg	1,471%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg	1,250%
Folic acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1,667%
Biotin	1200 mcg	400%
Pantothenic acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as carbonate, amino acid chelate)	300 mg	30%
Magnesium (as oxide, amino acid chelate)	60 mg	15%
Zinc (as monomethionine)**	5 mg	33%
Selenium (as l-selenomethionine)	200 mcg	286%
Copper (as amino acid chelate)	1 mg	50%
Manganese (as amino acid chelate)	5 mg	250%
MSM (methylsulfonylmethane)***	200 mg	*
Horsetail extract	100 mg	*
Choline (as bitartrate)	25 mg	*
Inositol	25 mg	*
PABA (as para amino benzoic acid)	10 mg	*
Boron	1 mg	*
L-Cysteine	300 mg	*
Citrus bioflavonoids	100 mg	*
Nettle	100 mg	*
Methionine	50 mg	*
Trace minerals	50 mg	*

\*Daily Value not established

**Other Ingredients:** May contain one or more of the following; magnesium stearate, cellulose, modified cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate and silica. Contains soy.

\*\*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 Cardinal Nutrition.

**Contains No Added** sugar, salt, dairy, yeast, wheat, gluten, corn, 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.

**QUALITY AND POTENCY GUARANTEED.**