

**With Biotin 5000**

## Supplement Facts

Serving Size 2 Tablets Servings Per Container 30

Vitamin A	5,000 IU	100%	Magnesium	50 mg	13%
Vitamin C	60 mg	100%	Zinc	7.5 mg	50%
Vitamin D3	1000 IU	100%	Manganese	2 mg	100%
Vitamin E	15 IU	100%	PABA	10 mg	**
Thiamin Vitamin B6	5mg	333%	Choline Bitartrate	10 mg	**
Riboflavin Vitamin B2	5mg	294%	Inositol	30 mg	**
Niacin	25 mg	125%	RNA	10 mg	**
Vitamin B6	5 mg	250%	Citrus Bioflavonoids	30 mg	**
Folic Acid	200 mcg	50%	Rutin	8 mg	**
Vitamin B12	8 mcg	133%	Horsetail	3 mg	**
Biotin	5000 mcg	1667%	Hydrolyzed Collagen	50 mg	**
Pantothenic Acid	15 mg	150%	Alpha Lipoic Acid	10 mg	**
Calcium	260 mg	26%	Keratin	100 mg	**
Phosphorus	128 mg	13%			

**PROMOTES HEALTHY  
CELL GROWTH  
STRENGTH & SHINE**

The power of 27 key ingredients for hair, skin and nails in one, easy-to-swallow tablet. This product may help to maintain healthy hair, skin and nails in individuals lacking sufficient biotin,\* also may support collagen synthesis and healthy skin,\*

**Directions:** Adults take two tablets daily, preferably with food or as directed by your doctor.

**WARNING:** IF You are pregnant, nursing or taking any medications, consult your doctor before use. **KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY COOL PLACE.**



**27  
Active  
Ingredients**

**Keratin & Vitamin D3  
Contains antioxidants A, C & E  
Extra strength**