

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



GNC

WOMEN'S Hair, Skin & Nails Formula

Dietary Supplement

**SUPPORTS BEAUTY
FROM WITHIN***

- 3,000 mcg of Biotin
- Skin Support*
- Antioxidants

60 TABLETS

CODE 210212

Directions: As a dietary supplement, take two tablets daily with food.

Supplement Facts

Serving Size Two Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A	5000 IU.....100%
(50% as beta-Carotene; 50% as Retinyl Acetate)	
Vitamin C (as Calcium Ascorbate) ...	120 mg200%
Vitamin D (as Cholecalciferol D-3) ...	200 IU.....50%
Vitamin E	30 IU.....100%
(as Natural d-alpha Tocopheryl Acetate)	
Thiamin (Vitamin B-1)	1.5 mg100%
(as Thiamin Mononitrate)	
Riboflavin (Vitamin B-2).....	1.7 mg100%
Niacin (as Niacinamide).....	20 mg100%
Folic Acid	200 mcg.....50%
Biotin.....	3000 mcg...1000%
Pantothenic Acid	13.5 mg135%
(as Calcium d-Pantothenate)	
Calcium (as Calcium Carbonate).....	200 mg20%

Amount Per Serving	% Daily Value
Phosphorus.....	100 mg10%
(as Dicalcium Phosphate)	
Zinc (as Zinc Oxide).....	15 mg100%
L-Cysteine	200 mg*
MSM (Methylsulfonyl-methane).....	100 mg*
Hydrolyzed Gelatin	100 mg*
L-Methionine	50 mg*
alpha-Lipoic Acid	10 mg*
DMAE (Dimethylaminoethanol)	10 mg*
Green Tea Leaf Extract	10 mg*
(Camellia sinensis)	
Horsetail Rush Stems	3 mg*
(Equisetum arvense)	
Boron (as Boron Citrate)	1 mg*
Pantethine	1.5 mg*
Lutemax® 2020 Lutein	500 mcg*
Zeaxanthin.....	100 mcg*

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Natural Mineral Whitener), Natural Vanilla Flavor, Vegetable Acetoglycerides, Chlorophyllin, Sucralose.

CONTAINS: Fish and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Artificial Colors, No Artificial Flavors, No Wheat, Gluten Free, No Dairy, Yeast Free.

Lutemax® 2020 is a trademark of OmniActive Health Technologies.



GLUTEN
FREE