

Amount Per Serving **% Daily Value**

† Horsetail Leaf Extract (standardized for 5 mg Silica) 71 mg; Gelatin (beef source) 250 mg; Choline Bitartrate 150 mg; L-Cysteine HCl 150 mg; Methionine (as L-Methionine) 100 mg; Oat Straw (aerial part) 75 mg; Echinacea angustifolia root 75 mg; Inositol 60 mg; RNA (ribonucleic acid) 60 mg; Betaine (as betaine hydrochloride) 50 mg; para-Aminobenzoic acid 50 mg; Citrus Bioflavonoid Complex 50 mg; Papain 50 mg; Asparagus shoot 50 mg; Rutin 25 mg

† Daily Value not established.

Other ingredients: Stearic acid, croscarmellose sodium, microcrystalline cellulose, magnesium stearate, silica, hydroxypropyl methylcellulose, polyethylene glycol.

Contains soy.

Directions: As a daily multi-vitamin for adults, take 3 tablets daily with meals or as directed by a healthcare professional.

Do not use if you are pregnant or nursing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Contains no added sugar, salt, starch, wheat, yeast, artificial colors or preservatives.

Keep cool, dry, and away from direct light.

100% Satisfaction Guaranteed

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



Futurebiotics®

AMERICA'S FAVORITE

HAIR, SKIN & NAILS®

YOUR BEAUTY MULTI-VITAMIN™

The Nutrients Your Body Needs
for Healthy, Lustrous Hair,
Glowing Skin & Strong Nails*

Dietary Supplement
75 Tablets

Supplement Facts

Serving Size 3 Tablets
Servings per container: 25

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as natural mixed tocopherols)	30 IU	100%
Thiamin (Vitamin B1) (as thiamine mononitrate)	10 mg	667%
Riboflavin (Vitamin B2)	10 mg	588%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	16 mcg	267%
Biotin	1500 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)	30 mg	300%
Calcium (as dicalcium phosphate and calcium carbonate)	600 mg	60%
Iron (as amino acid chelate)	6 mg	33%
Phosphorus (as dicalcium phosphate)	300 mg	30%
Iodine (as potassium iodide)	225 mcg	150%
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc gluconate)	15 mg	100%
Selenium (as amino acid complex)	25 mcg	36%
Manganese (as manganese glycinate chelate)	10 mg	500%

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