## DIRECTIONS:

Take four capsules daily, two in the morning, and two in the evening or as directed, as a dietary supplement.

## DO NOT USE IF SAFFTY SEAL IS BROKEN.

Keep out of reach of small children. Store at room temperature.

‡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.

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.

Formulated and distributed by: Celebrate Vitamins 516 Corporate Pkwy Wadsworth, Ohio 44281 www.celebratevitamins.com 877-424-1953





## Hair, Skin & Nails

Dietary Supplement 120 Capsules

Supplement Facts Serving Size: 4 Capsules Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Thiamin (as thiamin mononitrate)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as niacinamide)	10 mg	50%
Vitamin B6 (as pyridoxine HCI)	15 mg	750%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as methylcobalamin & cyanocobalamin)	100 mcg	1667%
Biotin	2000 mcg	667%
Pantothenic acid (as D-calcium pantothenate)	15 mg	150%
Iron (as ferrous fumarate)	8 mg	44%
Zinc (as zinc amino acid chelate)	15 mg	100%
Copper (as copper amino acid chelate)	1 mg	50%
Horsetail extract (whole plant) (7% silica)	350 mg	
Methylsulfonylmethane	500 mg	•
L-Lysine HCI	550 mg	•
Choline (as choline bitartrate)	25 mg	•
Inositol	50 mg	•
PABA	50 mg	•

Other ingredients: gelatin, magnesium stearate, and silica.