

WARNING: Cancer and Reproductive Harm -
www.P65Warnings.ca.gov. 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. Inform your
physician of this product's biotin content before any lab
test. Niacin may cause a temporary flushing reaction.
No Artificial Flavors, Gluten Free, No Milk.
KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.
For More Information: 1-888-462-2548
GNC.com



GNC
WOMEN'S

Hair, Skin & Nails

BEAUTY BASICS

3000 mcg of biotin
Antioxidants to help protect cells
from harmful free radicals*



DIETARY SUPPLEMENT 120 CAPLETS/60-DAY SUPPLY

*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.

CODE 297822

DIRECTIONS: As a dietary supplement, take two caplets daily with food.

LWG-7589

Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A 1500 mcg RAE	167%
(50% as beta-Carotene & 50% as Retinyl Acetate)	
Vitamin C (as Calcium Ascorbate)	120 mg 133%
Vitamin D (as Cholecalciferol)	5 mcg 25%
Vitamin E (as d-alpha Tocopheryl Acetate)	20.1 mg 134%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.5 mg 125%
Riboflavin (Vitamin B-2)	1.7 mg 131%
Niacin (as Niacinamide)	20 mg 125%
Folate	340 mcg DFE 85%
	200 mcg Folic Acid
Biotin	3000 mcg 10000%
Pantothenic Acid (as Calcium d-Pantothenate)	13.5 mg 270%
Calcium (as Dicalcium Phosphate)	200 mg 15%
Calcium Carbonate, Calcium Ascorbate & Calcium d-Pantothenate)	

Amount Per Serving	% Daily Value
Phosphorus (as Dicalcium Phosphate)	100 mg 8%
Zinc (as Zinc Oxide)	15 mg 136%
L-Cysteine (as L-Cysteine Hydrochloride)	200 mg *
Methylsulfonylmethane (MSM)	100 mg *
Hydrolyzed Bovine Collagen	100 mg *
Methionine (as L-Methionine)	50 mg *
alpha-Lipoic Acid	10 mg *
Dimethylethanolamine (DMAE)	10 mg *
(as Dimethylethanolamine DL-Bitartrate)	
Horsetail (Equisetum arvense) Aerial Parts Powder	3 mg *
Boron (as Boron Citrate)	1 mg *
Lutein	500 mcg *
(as Marigold [Tagetes erecta] Flower Extract)	
Zeaxanthin (as Zeaxanthin Isomers	100 mcg *
from Marigold [Tagetes erecta] Flower Extract)	

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose and Less Than 2%: Corn Starch, Croscarmellose Sodium, Glucose Syrup, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Stearate, Maltodextrin, Medium Chain Triglycerides, Modified Food Starch, Natural Vanilla Flavor, Polydextrose, Riboflavin (Color), Silicon Dioxide, Sodium Ascorbate, Spirulina Extract (Color), Stearic Acid, Stevia Leaf Extract, Sugar, Titanium Dioxide (Mineral Whitener), Tocopherols, Tricalcium Phosphate.

CONTAINS: Fish (Anchovy, Mackerel, Pollock, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof), Soybeans.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

Lot No./Best By: