No Artificial Flavors, No Wheat, Gluten Free, No Dairy.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

GLUTEN FREE

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

* 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.

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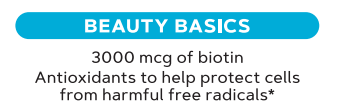
FPO

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

CODE 297822 **IUG**

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

Supplement Facts

Serving Size Two Caplets/Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin A	1500 mcg	167%
(50% as beta-Carotene; 50% as Retinyl Acetate)		
Vitamin C (as Calcium Ascorbate)	120 mg	133%
Vitamin D (as Cholecalciferol D-3)	5 mcg	25%
Vitamin E (as Natural 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	200 mg	15%
(as Calcium Carbonate and Dicalcium Phosphate)		

Amount Per Serving		% Daily Value
Phosphorus (as Dicalcium Phosphate)	100 mg	8%
Zinc (as Zinc Oxide)	15 mg	136%
L-Cysteine	200 mg	*
MSM (Methylsulfonylmethane)	100 mg	*
Hydrolyzed Gelatin	100 mg	*
L-Methionine	50 mg	*
alpha-Lipoic Acid	10 mg	*
DMAE (Dimethylaminoethanol)	10 mg	*
Green Tea Leaf Extract (*Camellia sinensis*)	10 mg	*
Horsetail Rush Stems (*Equisetum arvense*)	3 mg	*
Boron (as Boron Citrate)	1 mg	*
Pantethine	1.5 mg	*
Lutemax® 2020 Lutein	500 mcg	*
(from Marigold Flower Extract)(*Tagetes erecta*)		
Zeaxanthin	125 mcg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropylcellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Hydroxypropyl Methylcellulose, Silicon Dioxide, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Vegetable Acetoglycerides, Polyethylene Glycol, Chlorophyllin (Color), Polysorbate 80, Sucralose.

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

Distributed by: General Nutrition Corporation
Pittsburgh, PA 15222 USA

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. Inform your physician of this product's biotin content before any lab test. This product contains EGCG from green tea. Niacin may cause a temporary flushing reaction.

Lot No./Best By:

Lutemax 2020 LUTEIN & ZEAXANTHIN

Lutemax® 2020 is a trademark of OmniActive Health Technologies.