

Directions : Adults take two (2) tablets daily, preferably with food or as directed by doctor.

The power of 27 key ingredients for hair, skin and nails in one, easy-to-swallow tablet. This product may help to maintain healthy hair, skin and nails in individuals lacking sufficient biotin, also may support collagen synthesis and healthy skin.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY COOL PLACE.



Produced for:
POLQ Europe-Sweden
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HUMAN essentials

Hair, Skin & Nails

“ With 27 Key Ingredients ”

✓ Vitamin D3
✓ Keratin

5000 mcg of Biotin

**Dietary Supplement
60 Tablets**

Supplement Facts

Serving Size : 2 Tablets Servings Per Container : 30

Vitamin A	5,000 IU	100%	Magnesium	60 mg	13%
Vitamin C	60 mg	100%	Zinc	7.5 mg	50%
Vitamin D3	1000 IU	250%	Manganese	2 mg	100%
Vitamin E	15 IU	50%	PABA	10 mg	**
Thiamin (Vitamin B1)	5 mg	333%	Choline Bitartrate	10 mg	**
Riboflavin (Vitamin B2)	5 mg	254%	Inositol	30 mg	**
Niacin	25 mg	125%	Kiwi	10 mg	**
Vitamin B6	5 mg	250%	Citrus Bioflavonoids	30 mg	**
Folic Acid	200 mcg	50%	Rutin	8 mg	**
Vitamin B12	8 mcg	133%	Horsetail	3 mg	**
Biotin	5000 mcg	1667%	Hydrolyzed Collagen	50 mg	**
Pantothenic Acid	15 mg	150%	Alpha-Lipoic Acid	10 mg	**
Calcium	200 mg	20%	Keratin	100 mg	**
Phosphorus	128 mg	13%			

*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established.

Ingredients: Rose Hips, Ferrous Gluconate, Dicalcium Phosphate, Potassium Iodine, L-Selenomethionine

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Cellulose, Maltodextrin, Mannitol