

**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.

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222  
Made in the USA



# GNC

## WOMEN'S

# Hair, Skin & Nails Formula

Dietary Supplement

**PREMIUM NUTRITIONAL  
SUPPORT FOR WOMEN**

- ChloraSeal™ coating

90 TABLETS

CODE 266067

GRG

**Directions:** As a dietary supplement, take three tablets daily with food.

### Supplement Facts

Serving Size Three Tablets  
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (100% as beta-Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	6 mg	400%
Riboflavin (Vitamin B-2)	6 mg	353%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg	750%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	12 mcg	200%
Biotin	400 mcg	133%
Pantothenic Acid (Calcium d-Pantothenate)	30 mg	300%
Calcium (as Dicalcium Phosphate)	600 mg	60%
Iron (as Hydrolyzed Protein Chelate)	6 mg	33%
Phosphorus (as Dicalcium Phosphate)	465 mg	47%

Amount Per Serving		% Daily Value
Iodine (as Kelp)	225 mcg	150%
Magnesium (as Magnesium Oxide)	150 mg	38%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Hydrolyzed Protein Chelate)	25 mcg	36%
Manganese (as Hydrolyzed Protein Chelate)	10 mg	500%
Boron (as Boron Gluconate)	1.5 mg	*
Choline (as Choline Bitartrate)	150 mg	*
Inositol	60 mg	*
RNA (Yeast Free)	60 mg	*
Rutin	30 mg	*
Betaine Hydrochloride	30 mg	*
para-Aminobenzoic Acid	60 mg	*
Citrus Bioflavonoids Complex	60 mg	*
Horsetail Rush Herb Extract ( <i>Equisetum arvense</i> )	60 mg	*
L-Cysteine	10 mg	*
L-Methionine	10 mg	*
Papain	10 mg	*

\* Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid Vegetable Source, Croscarmellose Sodium, Crospovidone, Food Glaze, Sodium Alginate, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Titanium Dioxide (Natural Mineral Whitener), Povidone, Polyethylene Glycol, Pea Starch, Isolated Soy Protein, Maltodextrin, Chlorophyllin, Silica, Cellulose, Hydroxypropylcellulose, Polysorbate 80, Gelatin, Sucrose, Corn Starch, Acacia, Methyl Cellulose, Partially Hydrogenated Vegetable Oil, Sunflower Oil, Carnauba Wax.

**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

Lot No./Expire Date: