

Nutritional Product Information

Hair, Skin & Nail Formula

Recommended Use

As a dietary supplement, take 2 capsules daily with an eight ounce glass of water. For best results, take this product with food. As with all dietary supplements, consult your physician prior to use.

Store tightly closed in a cool, dry, dark place. Do not refrigerate. Keep out of reach of children.

Manufactured exclusively for:

Ultimate Living International, Inc.
Dallas, Texas 75219
(800) 360-0988
www.ultimateliving.com

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving		%DV
Vitamin A (as alpha and beta-carotene)	1000 IU	20 %
Vitamin C (as calcium ascorbate)	100 mg	167 %
Vitamin D (as cholecalciferol)	100 IU	25 %
Thiamin (as thiamin hydrochloride)	5 mg	333 %
Riboflavin	5 mg	294 %
Niacin (as niacinamide)	5 mg	25 %
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250 %
Folate (as folic acid)	200 mcg	50 %
Vitamin B12 (as cyanocobalamin)	20 mcg	333 %
Biotin	2,500 mcg	833 %
Pantothenic Acid (as calcium pantothenate)	50 mg	500 %
Calcium (as calcium ascorbate/pantothenate)	16 mg	2 %
MSM (as methylsulfonylmethane)	750 mg	*
Gelatin	188 mg	*
Silicon (from silicon dioxide, Soluble Organic Silicon, Bamboo extract and horsetail extract)	30 mg	*

* Daily value not established

Other Ingredients: None

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.