



Doctor Wilson's
Original Formulations

**Hair, Skin & Nails
Plus Formula[®]**

Nutrients for Beautiful Health[®]

Formulated by
Dr. James L. Wilson

DIETARY SUPPLEMENT
100 CAPSULES

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

	Amount per Serving	% Daily Value
Vitamin A (as palmitate)	3750 IU	75%
Vitamin C (as ascorbic acid)	31 mg	52%
Thiamine (vitamine B1 as thiamine HCl)	2.5 mg	166%
Riboflavin (vitamin B2 as riboflavin HCl)	2.5 mg	147%
Niacin (vitamin B3 as niacinamide)	7.5 mg	37%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Folate (as 5-formyl tetrahydrofolate)	200 mcg	50%
Biotin	200 mcg	66%
Calcium (as malate/citrate)	37.5 mg	4%
Iron (as Ferronyl ^{®**})	3.7 mg	21%
Magnesium (as malate)	25 mg	6%
Zinc (as gluconate)	3.7 mg	25%
Manganese (as ascorbate)	2.5 mg	125%
Proprietary Blend	312.5 mg	‡

Springtime Horsetail [whole plant extract] - high silica content, Lecithin [soy] - high phosphatidylcholine content, Gelatin, Organic Golden Flax [seed-ground], PABA [para-aminobenzoic acid], Bioflavonoids [citrus]

‡ Daily Value not established

Other Ingredients: gelatin capsules, magnesium stearate, silicon dioxide, cellulose, water

**Ferronyl[®] is a form of dietary iron shown to have low toxicity.*

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.