

2372282

### Vitl Hair, Skin & Nails Capsules 30s

#### Ingredients

Marine Collagen (Peptan F) (**Fish**), Ascorbic Acid (C), Capsule Shell (Hydroxypropyl Methylcellulose), Zinc Citrate, Vitamin E (as D-Alpha-Tocopheryl Acid Succinate), L-Selenomethionine, Cholecalciferol from Lichen (D3), Potassium Iodide, D-Biotin

**Allergen advice:** please see ingredients in **bold**.

| Nutrient           | Quantity per capsule | %NRV |
|--------------------|----------------------|------|
| Vitamin D3 (400iu) | 10µg                 | 200  |
| Vitamin E          | 24mg α-TE            | 200  |
| Vitamin C          | 160mg                | 200  |
| Biotin             | 100µg                | 200  |
| Zinc               | 20mg                 | 200  |
| Selenium           | 110µg                | 200  |
| Iodine             | 200µg                | 133  |
| Marine Collagen    | 320mg                | -    |

(-) = NRV (Nutrient Reference Value) not established

α-TE = Alpha tocopherol equivalent