

#1 BRAND FOR HAIR, SKIN & NAILS



OPTIMAL SOLUTIONS®

EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

HEALTH & BEAUTY

With Biotin
5000 mcg per serving

Antioxidants C & E
Plus Hyaluronic Acid

150 Rapid Release Liquid Softgels

MULTIVITAMIN
SUPPLEMENT

★
Made In The
USA with select
ingredients
from around
the world

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DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 50

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calories from Fat	5	Iron (as Ferrous Gluconate)	3 mg 17%
Total Fat	1 g 2%*	Zinc (as Zinc Gluconate)	7.5 mg 50%
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Selenium (as Selenium Yeast)	12.5 mcg 18%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Manganese (as Manganese Gluconate)	5 mg 250%
Vitamin D (as D3 Cholecalciferol)	800 IU 200%	Argan Oil (<i>Argania spinosa</i>)	25 mg **
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU 50%	PABA (Para-Aminobenzoic Acid)	10 mg **
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg 333%	Choline Bitartrate	10 mg **
Riboflavin (Vitamin B-2)	5 mg 294%	Alpha Lipoic Acid	10 mg **
Niacin (as Niacinamide)	25 mg 125%	Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Hydrolyzed Collagen	50 mg **
Folic Acid	200 mcg 50%	Hyaluronic Acid (as Sodium Hyaluronate)	30 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%		
Biotin (as d-Biotin)	5,000 mcg 1,667%		

reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin. **Contains <2% of:** Carmine Color, Mica, Silica, Titanium Dioxide Color.

Contains soy and tree nut (argan) ingredients.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse



Beauty Starts on the Inside™

At Nature's Bounty® we believe health and beauty go hand in hand. With over 40 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with only the purest ingredients...guaranteed. Beauty Starts on the Inside.™

- ✓ Guaranteed Quality
- ✓ Laboratory Tested

No Artificial Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

Source: Nielsen xAOC 52 weeks ending 2/20/16.

☎ Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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