

Do not accept if seal is broken. Product No. 5045
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. Not recommended for people who regularly consume liver. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, artificial color, artificial flavor, or artificial sweeteners.

† Country Life always labels minerals in elemental weight.

**** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

This product has been manufactured at an NSF GMP Registered facility.

Lot No:

Best by:



HAIR, SKIN & NAILS

MAXI-HAIR®

Plus

5,000 mcg Biotin

MAXIMIZED®

Nourishment for hair, nails and skin**

**Gluten-Free
Dietary Supplement
Vegetarian Capsules**



Directions: Adults take four (4) capsules daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	5,000 I.U. 100%
Vitamin C (as ascorbic acid, rose hips)	200 mg 333%
Vitamin E (as d-alpha tocopheryl acid succinate)	50 I.U. 167%
Thiamin (vitamin B1)(as thiamine hydrochloride)	30 mg 2,000%
Riboflavin (vitamin B2)	50 mg 2,941%
Niacin (as niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	5,000 mcg 1,667%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Calcium (as calcium carbonate)†	200 mg 20%
Iodine (as kelp)†	225 mcg 150%
Zinc (as zinc rice chelate)†	15 mg 100%
Selenium (as selenium rice chelate)†	50 mcg 71%
Copper (as copper rice chelate)†	1 mg 50%
MSM (methylsulfonylmethane)	600 mg *
L-Methionine (free form)	250 mg *
Horsetail Extract (leaf/stem)	100 mg *
L-Cysteine (as L-cysteine hydrochloride)	100 mg *
Inositol	50 mg *
PABA (para-aminobenzoic acid)	50 mg *
Choline (from 50 mg choline bitartrate)	23 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, inulin (from chicory root), medium chain triglycerides, maltodextrin, silica, calcium silicate.

Manufactured by Country Life, LLC
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