



OPTIMAL SOLUTIONS®

SPECIALIZED FORMULA

COLLAGEN

Hydrolyzed Collagen Plus Vitamin C

Supports Skin and Bone Health*



Collagen is a Complex Protein
Important for the Maintenance
of Skin and Bones*

Beauty Starts on the Inside™

90 tablets **DIETARY SUPPLEMENT**

DIRECTIONS: For adults, take five (5) tablets twice daily on an empty stomach.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.



Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

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

For educational health tips and to join
our money saving Healthy Rewards™ program,
visit www.NaturesBounty.com

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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Supplement Facts

Serving Size 5 Tablets
Servings Per Container 18

Amount Per Serving	%Daily Value	
Calories	25	
Total Carbohydrate	1 g	<1% **
Dietary Fiber	1 g	4% **
Protein	5 g	9% **
Vitamin C (as Ascorbic Acid)	50 mg	83%
Calcium	162 mg	16%
Sodium	35 mg	1%
Hydrolyzed Collagen	5,000 mg (5 g)	***
L-Ornithine HCl	75 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Silica. **Contains <2% of:** Vegetable Magnesium Stearate, Vegetable Stearic Acid.

No Artificial Color, Flavor or Sweetener,
No Preservatives, **No** Sugar, **No** Starch, **No** Milk,
No Lactose, **No** Soy, **No** Gluten, **No** Wheat,
No Yeast, **No** Fish.



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