



Beauty Starts On The Inside™

Hair, Skin & Nails

3000mcg of Biotin!
per serving

**Including: Antioxidants A & C
Calcium and Vitamin D3**

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Prod. No. 7584
B52181 12H CAZ

120 coated caplets **DIETARY SUPPLEMENT**

DIRECTIONS: For adults, take three (3) caplets daily, preferably with meals.

**No Artificial Color or Flavor, No Preservatives,
No Sugar, No Milk, No Lactose, No Gluten,
No Wheat, No Yeast, No Shellfish. Sodium Free.**

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

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NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU 50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%
Riboflavin (Vitamin B-2)	2 mg 118%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Folic Acid	200 mcg 50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%
Biotin (as d-Biotin)	3,000 mcg (3 mg) 1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 20%
Phosphorus (as Dicalcium Phosphate)	90 mg 9%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Gluconate)	7.5 mg 50%
Manganese (as Manganese Gluconate)	2 mg 100%
PABA (Para-Aminobenzoic Acid)	10 mg *
Choline Bitartrate	10 mg *
Inositol	30 mg *
Citrus Bioflavonoids / Rutin Complex	38 mg *
Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg *
Collagen (Hydrolyzed Gelatin)	50 mg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Silica, Vegetable Magnesium Stearate.
Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.