



OPTIMAL SOLUTIONS®

EXTRA STRENGTH

HAIR, SKIN & NAILS

5000mcg of Biotin

PER SERVING

HELPS SUPPORT:

Lustrous Hair* Strong Nails*
& Vibrant Skin*



INCLUDING:

Antioxidants A & C, Calcium and Vitamin D3

Beauty Starts on the Inside™

150 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** 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.

*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 3 Caplets
Servings Per Container 50

Amount Per Serving		%Daily Value
Vitamin A (as Vitamin A 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)	5 mg	294%
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)	5,000 mcg (5 mg)	1,667%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	260 mg	26%
Phosphorus (as Dicalcium Phosphate)	128 mg	13%
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	**
Ribonucleic Acid (RNA)	10 mg	**
Citrus Bioflavonoid / Rutin Complex	38 mg	**
Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg	**
Hydrolyzed Collagen	50 mg	**
Alpha Lipoic Acid	10 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.



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