

Swanson

U L T R A®

The Most Advanced Nutrition Technology

TABLETS

Advanced Hair Revitalizing Formula

Dietary Supplement

60 TABLETS



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet two times per day with water.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene).....	600 mcg RAE..... 67%
Vitamin C (as ascorbic acid).....	75 mg..... 83%
Vitamin E (as d-alpha tocopheryl succinate).....	16.8 mg..... 112%
Thiamin (vitamin B-1) (as thiamin HCl).....	5 mg..... 417%
Riboflavin (vitamin B-2).....	5 mg..... 385%
Niacin.....	5 mg NE..... 31%
Vitamin B-6 (as pyridoxine HCl).....	5 mg..... 294%
Folate.....	330 mcg DFE..... 83%
	(200 mcg folic acid)
Vitamin B-12 (as cyanocobalamin).....	50 mcg..... 2,083%
Biotin.....	2,500 mcg..... 8,333%
Pantothenic Acid (as d-calcium pantothenate).....	5 mg..... 100%
Choline (as choline bitartrate).....	5 mg..... 0%
Zinc (from TRAACS® zinc glycinate chelate).....	10 mg..... 91%
Selenium (from Albion® selenium glycinate complex).....	25 mcg..... 45%
Copper (from TRAACS® copper glycinate chelate).....	1 mg..... 111%
Hydrolyzed Fish Collagen Peptide (tilapia).....*	350 mg.....*
Sunflower Lecithin.....	100 mg.....*
L-Cysteine (from L-Cysteine HCl).....	100 mg.....*
MSM (methylsulfonylmethane).....	100 mg.....*
Bamboo Extract (Bambusa vulgaris) (stems).....*	50 mg.....*
(standardized to 70% silica)	
Grape Seed Extract (Vitis vinifera).....	20 mg.....*
(standardized to 95% proanthocyanidins)	
Red Clover (Trifolium pratense) (flowering tops).....*	20 mg.....*
Soy Extract (germ) (standardized to 40% isoflavones).....*	12.5 mg.....*
Inositol.....	5 mg.....*
PABA (para-aminobenzoic acid).....	5 mg.....*
Trans-Resveratrol (from Polygonum cuspidatum root and stem extract).....*	2.5 mg.....*

*Daily Value not established.

Other ingredients: Calcium carbonate, stearic acid, tapioca dextrin, croscarmellose sodium, magnesium stearate, silica, microcrystalline cellulose (plant fiber), aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol). Contains fish (tilapia) and soy.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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