

SUPPLEMENT FACTS

Serving Size: 2 Vegetable Capsules • Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (<i>retinyl palmitate</i>)	8000 IU	160%
Vitamin C (<i>ascorbic acid</i>)	100 mg	167%
Vitamin D (<i>cholecalciferol</i>)	100 IU	25%
Vitamin B-1 (<i>thiamine HCl</i>)	5 mg	333%
Vitamin B-2 (<i>riboflavin</i>)	5 mg	294%
Niacin	5 mg	25%
Vitamin B-6 (<i>pyridoxine HCl</i>)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (<i>cyanocobalamin</i>)	20 mcg	333%
Biotin	5000 mcg	1667%
Pantothenic Acid (<i>as d-calcium pantothenate</i>)	100 mg	1000%
Zinc (<i>citrate</i>)	15 mg	100%
MSM (<i>methylsulfonylmethane</i>)	400 mg	**
Collagen Hydrolysate	200 mg	**
Iron Beard™ Complex <i>Fo-ti Powder (root), Saw Palmetto (berry extract), Pumpkin (seed extract), Nettle (root extract).</i>	300 mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Rice Flour, Vegetable Cellulose (capsule), L-Leucine.

ZHOU NUTRITION®

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Z H Z O U®



IRON BEARD™

**PREMIUM BEARD & HAIR
GROWTH FORMULA***

DIETARY SUPPLEMENT

60
VEGGIE
CAPSULES

FORMULATED FOR

FULLER, THICKER, MANLIER HAIR*

SUGGESTED USE: Adults take two (2) capsules once daily or as directed by a healthcare professional. For maximum effect, take daily for at least 30 days.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with a known medical condition should consult a physician before using this or any dietary supplement.



Keep out of reach of children.
Do not use if safety seal is damaged or missing. Store in a cool, dry place.

*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.