

BONIVA

HAIR SKIN NAILS

- *Superior Bioavailability*
- *Advanced Complex*
- *3500 MCG Biotin*



ESSENTIAL
SOURCE®

Dietary Supplement

Once Daily / 30 Softgels

Item #B3500



Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 30

	Amount per serving	% DV
Vitamin A (as Palmitate)	5000 IU	100%
Vitamin C (Ascorbic Acid)	40mg	67%
Riboflavin (Vitamin B2)	3mg	176%
Niacin (as Nicotinic Acid)	3mg	15%
Vitamin B6		
(as Pyridoxal 5-Phosphate (P5P))	3mg	150%
Vitamin B12		
(as Methylcobalamin)	20mcg	333%
Biotin	3500mcg	1167%
Pantothenic Acid	50mg	500%
Folate (from 5-MTHF)	200mcg	50%
MSM	205mg	†
DMAE Bitartrate	50mg	†
Inositol	20mg	†
Horsetail Herb Extract	40mg	†
Alpha Lipoic Acid	28mg	†
Grape Seed Extract	28mg	†

Other Ingredients: Di-Calcium Phosphate (mineral), Sodium Croscarmellose (modified cellulose), Vegetable Stearic Acid, Micro Crystalline Cellulose, Sodium Copper Chlorophyllin, Vegetable Magnesium Stearate, Silicon Dioxide, and confectioners glaze.

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

† Daily Value not established.

Directions:

Take one softgel daily with 8oz of water.



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