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HAIR, SKIN & NAILS

ONE PER DAY FORMULA

2,500 mcg of Biotin per softgel

Beauty From Within

VITAMIN SUPPLEMENT

60 RAPID RELEASE
SOFTGELS

TO REORDER ITEM # 55554

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Riboflavin (Vitamin B-2)	2 mg	118%
Niacin (as Niacinamide)	2 mg	10%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	333%
Biotin (as d-Biotin)	2,500 mcg (2.5 mg)	833%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	400%
Horseshall (<i>Equisetum arvense</i>) (aerial)	29 mg	*
MSM (Methylsulfonylmethane)	200 mg	*
Alpha Lipoic Acid	25 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	*
DMAE Bitartrate (Dimethylaminoethanol Bitartrate)	50 mg	*

*Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin. **Contains** <2% of: Natural Caramel Color, Silica, Soy Lecithin.

Puritan's Pride® Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications 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.

No Artificial Flavor or Sweetener, No Preservatives, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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