Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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FPO

GNC
WOMEN's

Ultra NourishHair™

BEAUTY BASICS

Supports strong, healthy hair*
1200 mcg of biotin

DIETARY SUPPLEMENT 60 CAPLETS/30-DAY SUPPLY

CODE 299622 **FUG**

DIRECTIONS: As a dietary supplement, take two caplets daily.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%
Dietary Fiber	1 g	4%†
Vitamin A (100% as beta-Carotene)	300 mcg	33%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	24.8 mg	165%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg	235%
Folate (200 mcg Folic Acid)	333 mcg DFE	83%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	250%
Biotin	1200 mcg	4000%
Pantothenic Acid (as Calcium d-Pantothenate)	20 mg	400%
Choline (as Choline Bitartrate)	0.25 mg	0%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Oxide)	40 mg	10%
Zinc (as Zinc Oxide)	30 mg	273%
Copper (as Copper Gluconate)	2 mg	222%
Boron (as Boron Citrate)	3 mg	*
Silica (as Silicon Dioxide)	1 mg	*
MSM (Methylsulfonylmethane)	500 mg	*
Natural Amino Complex (Lactalbumin)	500 mg	*
L-Cysteine	200 mg	*
L-Methionine	100 mg	*
Inositol	50 mcg	*

†Percent Daily values based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Crospovidone, Titanium Dioxide (Mineral Whitener), Stearic Acid, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Ethylcellulose, Carnauba Wax, Triacetin, Diacetylated Monoglycerides, Oleic Acid.

CONTAINS: Milk and Soybeans.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

No Starch, No Artificial Flavors, No Preservatives, No Wheat, Gluten Free, No Corn.

Lot No./Best By: