

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



GNC
WOMEN's

Ultra NourishHair™

BEAUTY BASICS

Supports strong, healthy hair*
1200 mcg of biotin



DIETARY SUPPLEMENT 120 CAPLETS/60-DAY SUPPLY

CODE 299628 FUG
DIRECTIONS: As a dietary supplement, take two caplets daily.

Supplement Facts		Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Serving Size Two Caplets		Riboflavin (Vitamin B-2).....		30 mg.....	
Servings Per Container 60		Niacin (as Niacinamide).....		2 mg.....	
Amount Per Serving	% Daily Value	Vitamin B-6.....		3 mg.....	
Calories.....	5	(as Pyridoxine Hydrochloride)		1 mg.....	
Total Carbohydrate.....	1 g..... <1%†	Folate.....		1 mg.....	
Dietary Fiber.....	1 g..... 4%†	(200 mcg Folic Acid)		500 mg.....	
Vitamin A.....	300 mcg..... 33%	Vitamin B-12.....		500 mg.....	
(100% as beta-Carotene)		(as Cyanocobalamin)		(Lactalbumin)	
Vitamin C (as Ascorbic Acid).....	60 mg..... 67%	Biotin.....		200 mg.....	
Vitamin E.....	24.8 mg..... 165%	Pantothenic Acid.....		100 mg.....	
(as Natural d-alpha Tocopheryl Succinate)		(as Calcium d-Pantothenate)		50 mcg.....	
Thiamin (Vitamin B-1).....	1.5 mg..... 125%	Choline (as Choline Bitartrate).....		0.25 mg.....	
(as Thiamin Mononitrate)		Iodine (as Potassium Iodide).....		50 mcg.....	
		Magnesium (as Magnesium Oxide).....		40 mg.....	

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

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

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.

*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.

Lot No./Best By: