

#1 BRAND FOR HAIR, SKIN & NAILS



OPTIMAL SOLUTIONS®

HAIR, SKIN & NAILS GUMMIES

With Biotin
2500 mcg per serving

Skin & Hair Nutrients*

HEALTH & BEAUTY



90 Strawberry Flavored
gummies

DIETARY SUPPLEMENT



OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With nearly 50 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with the purest ingredients...guaranteed. *Beauty Starts on the Inside™*

- ✓ Antioxidants Vitamin C & E
- ✓ Naturally Sourced Colors and Flavors
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

No Artificial Flavor, No Artificial Sweetener, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

DIRECTIONS: For adults, take two (2) gummies daily, preferably with a meal.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 45

Amount Per Serving		%Daily Value
Calories	15	
Total Carbohydrate	3 g	1%**
Total Sugars	2 g	***
Includes 2g Added Sugars		4%**
Vitamin C (as Ascorbic Acid)	15 mg	17%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg	45%
Biotin (as d-Biotin)	2,500 mcg	8,333%
Sodium	10 mg	<1%

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

***Daily Value not established.

Other Ingredients: Sugar, Corn Syrup, Dicalcium Phosphate, Gelatin. **Contains <2% of:** Citric Acid, Lactic Acid, Maltodextrin, Natural Strawberry Flavor, Pectin, Silica, Vegetable Juice (color), Vegetable Oil (Palm) (Contains Carnauba Wax).

Natural color variation is normal and does not affect the quality of the product.

Source: Nielsen xAOC 52 weeks ending 07/29/19.

Product of Spain
Carefully Manufactured for
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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*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.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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