

#1 BRAND FOR HAIR, SKIN & NAILS[®]



OPTIMAL SOLUTIONS[®]

EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

HEALTH & BEAUTY

With Biotin
5000 mcg per serving
Antioxidants C & E
Plus Hyaluronic Acid

250 Rapid Release Liquid Softgels

DIETARY
SUPPLEMENT

DIRECTIONS: For adults, take three (3) softgels daily, preferably with a meal.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 83

Amount Per Serving	%Daily Value
Calories	15
Total Fat	1 g 1%*
Vitamin A (as Retinyl Palmitate)	1,500 mcg 167%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D (as D3 Cholecalciferol)	20 mcg (800 IU) 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	10 mg 67%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	3 mg 250%
Riboflavin (Vitamin B-2)	5 mg 385%
Niacin (as Nicotinamide)	25 mg 156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%
Folate	333 mcg DFE 83% (200 mcg folic acid)
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%
Biotin	5,000 mcg 16,667%

Amount Per Serving	%Daily Value
Pantothenic Acid (as d-Calcium Pantothenate)	4 mg 80%
Iron (as Ferrous Gluconate)	3 mg 17%
Zinc (as Zinc Gluconate)	7.5 mg 68%
Selenium (as Selenium Yeast)	12.5 mcg 23%
Manganese (as Manganese Gluconate)	5 mg 217%
Argan Oil (Argania spinosa)	25 mg **
PARA (Para-Aminobenzoic Acid)	10 mg **
Choline Bitartrate	10 mg **
Alpha Lipic Acid	10 mg **
Horsetail (Equisetum arvense) (aerial)	3 mg **
Hydrolyzed Collagen	50 mg **
Hyaluronic Acid (as Sodium Hyaluronate)	30 mg **

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

**Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin. **Contains <2% of:** Carmine Color, Mica, Silica, Titanium Dioxide Color.

Contains soy and tree nut (argan) ingredients.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure, 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. Avoid this product

if you are allergic to yeast. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.



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[™]*

- ✓ **Guaranteed Quality**
- ✓ **Laboratory Tested**

Non-GMO. No Artificial Flavor. No Sugar. No Starch. No Milk. No Lactose. No Gluten. No Wheat. No Fish.

©IRI Total US-Multi Outlet: Latest 52 weeks ending 7/26/20.



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

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Made in The
USA with select
ingredients
from around
the world



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