

#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

120 Rapid Release Liquid Softgels

DIETARY
SUPPLEMENT

★
Made In The
USA with select
ingredients
from around
the world



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

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Biotin	5,000 mcg 16,667%
Total Fat	1 g 1%*	Pantothenic Acid (as d-Calcium Pantothenate)	4 mg 80%
Vitamin A (as Retinyl Palmitate)	1,500 mcg 167%	Iron (as Ferrous Gluconate)	3 mg 17%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Vitamin D (as D3 Cholecalciferol)	20 mcg (800 IU) 100%	Selenium (as Selenium Yeast)	12.5 mcg 23%
Vitamin E (as d-Alpha Tocopheryl Acetate)	10 mg 67%	Manganese (as Manganese Gluconate)	5 mg 217%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	3 mg 250%	Argan Oil (<i>Argania spinosa</i>)	25 mg **
Riboflavin (Vitamin B-2)	5 mg 385%	PABA (Para-Aminobenzoic Acid)	10 mg **
Niacin (as Niacinamide)	25 mg 156%	Choline Bitartrate	10 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%	Alpha Lipoic Acid	10 mg **
Folate	333 mcg DFE 83% (200 mcg folic acid)	Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%	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.

©IRI Total US-Multi Outlet: Latest 52 weeks ending 5/24/20.



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.

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.

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

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