

#1 BRAND FOR HAIR, SKIN & NAILS*



OPTIMAL SOLUTIONS*

HAIR, SKIN & NAILS

HEALTH & BEAUTY

With Biotin
3000 mcg per serving

16 Key Ingredients
Including Antioxidants

60 Coated Caplets

MULTIVITAMIN
SUPPLEMENT

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

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 20

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Beta Carotene and Vitamin A Acetate)	1,500 mcg 167%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 15%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Phosphorus (as Dicalcium Phosphate)	87 mg 7%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU) 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%	Manganese (as Manganese Gluconate)	2 mg 87%
Riboflavin (Vitamin B-2)	2 mg 154%	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%	Inositol	30 mg *
Folate	333 mcg DFE 83% (200 mcg folic acid)	Citrus Bioflavonoid / Rutin Complex	38 mg *
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%	Horsetail Powder (Equisetum arvense) (aerial)	3 mg *
Biotin (as d-Biotin)	3,000 mcg 10,000%	Collagen (Hydrolyzed Gelatin)	50 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%		

Other Ingredients: Vegetable Cellulose. Contains <2% of: Gelatin, Mannitol, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Contains fish (cod, cusk, flounder, haddock, halibut, pollock, redfish, sole) ingredients.

No Artificial Color, No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

*Source: Nielsen xAOC 52 weeks ending 04/27/19.

Carefully Manufactured by NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A. ©2018 Nature's Bounty, Inc.

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™

- ✓ No Artificial Flavors
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

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. 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

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

Sign Up for News and Offers at
NaturesBounty.com

Prod. No. 7580 Label No. 10473 880114 19M