SUGGESTED USE:

Take two (2) capsules once a day or as directed by your health care professional. Should be taken with food.

CAUTION:

Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



LOT# and Expiration date printed on bottom of Bottle. V1R0

Purely Optimal[®]

COMPLETE IAIR GROWTH

WITH KERATIN, BIOTIN & MORE

CLINICALLY PROVEN INGREDIENTS



- ✓ BENEFITS ALL HAIR TYPES*
- ✓ LUSTROUS SHINE & FULLER HAIR*
- ✓ NOURISHES HAIR FROM INSIDE OUT:
- ✓ PROMOTES NATURAL HAIR GROWTH*
- ✓ SUPPORTS HEALTHY SKIN & NAILS*











Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

| | Amount Per Serving | %DV |
|---|---|--------|
| Vitamin A (as Beta-carotene) | 1500 mcg | 167% |
| Vitamin C (Ascorbic Acid) | 100 mg | 111% |
| Vitamin D3 (Cholecalciferol) | 50 mcg | 250% |
| Thiamine (as Thiamine HCI) | 5 mg | 417% |
| Riboflavin | 5 mg | 385% |
| Niacin (as Niacinamide) | 5 mg | 31% |
| Vitamin B6 (as Pyridoxine HCI) | 6 mcg | <1% |
| Folate (as L-Methylfolate Calcium salt) | 340 mcg DFE | 85% |
| Vitamin B12 (as Cyanocobalamin) | 300 mcg | 12500% |
| Biotin | 5000 mcg | 16667% |
| Pantothenic Acid (as Calcium Pantothenate) | 10 mg | 200% |
| lodine (from Kelp) | 40 mcg | 27% |
| Zinc (as Zinc Bisglycinate Chelate - TRAACS | °) 25 mg | 227% |
| Methylsulfonylmethane (MSM) | 400 mg | ** |
| Hydrolyzed Bovine Collagen | 300 mg | ** |
| Hydrolyzed Keratin | 250 mg | " |
| Nettle Root | 100 mg | ** |
| Hair Growth Proprietary Blend Bamboo Stem and Leaf Extract (70% Silica), L-Glutamic L-Aspartic Acid, L-Threonine, BioPerine, Black Penner B | 100 mg Acid, L-Taurine, extract (95% Piperine). | " |

**Daily Value (DV) not established.

L-Leucine, L-Valine, L-Serine, L-Phenylalanine

Other Ingredients: Vegetable Cellulose (Capsule), Silicon Dioxide, Microcrystalline Cellulose BioPerine® is a registered trademark of Sabinsa Corporation.

TRAACS® is a registered tradermark of Albion International, Inc.

L-Lysine HCI, L-Alanine, L-Glycine, L-IsoLeucine, L-Methionine, L-Proline,

L-Cysteine HCI Monohydrate, L-Arginine HCI, L-Tyrosine, L-Carnitine Tartrate,