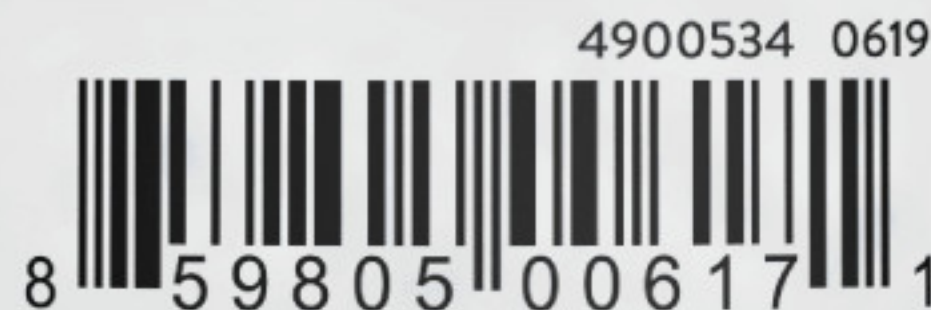


FORMULATED FOR

**FULLER, THICKER,
MANLIER HAIR***

SUGGESTED USE: Adults take two (2) capsules once daily or as directed by a healthcare professional. For maximum effect, take daily for at least 30 days.

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



Keep out of reach of children.
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.

Z H Z O U®



IRON BEARD™

**PREMIUM BEARD & HAIR
GROWTH FORMULA***

DIETARY SUPPLEMENT

**60
VEGGIE
CAPSULES**

SUPPLEMENT FACTS

Serving Size: 2 Vegetable Capsules Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (as Retinyl Palmitate)	1800 mcg	200%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D3 (as Cholecalciferol)	2.5 mcg	13%
Thiamine (B1) (as Thiamine HCl)	5 mg	417%
Riboflavin (B2)	5 mg	385%
Niacin (as Niacinamide)	5 mg	31%
Vitamin B6 (as Pyridoxine HCl)	5 mg	294%
Folic Acid	200 mcg	50%
Vitamin B12 (as Cyanocobalamin)	20 mcg	833%
Biotin	5000 mcg	16,667%
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg	2,000%
Zinc (as Zinc Citrate)	15 mg	136%
MSM (Methylsulfonylmethane)	400 mg	**
Collagen Hydrolysate	200 mg	**
Iron Beard™ Complex Fo-ti (root), Saw Palmetto (berry extract), Pumpkin Seed (extract), Nettle (root extract)	300 mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Rice Flour, Vegetable Cellulose Capsule and L-Leucine.

CAREFULLY CRAFTED BY

ZHOU NUTRITION®

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