

**SUGGESTED USE:** 2 capsules per day or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, yeast, artificial colors and flavors. Do not consume this product if you are pregnant or nursing. Consult your physician for further information. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged. 550C.001A

**WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

OptiMSM® is a registered trademark of Bergstrom Nutrition.



Label ID L-HOL780-550060C-A  
Product #550060



† 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.

HoltraCeuticals™



# Big Hair<sup>†</sup>

## Dietary Supplement

Supports Follicular Function and Promotes Hair Growth<sup>†</sup>

60 Capsules

**HOLTORF MEDICAL GROUP<sup>®</sup>**

### Supplement Facts<sup>us</sup>

Serving Size 2 Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (from 5,000 IU as Palmitate)	1,500 mcg	167%
Vitamin D (D3 as Cholecalciferol)	1 mcg (50 IU)	5%
Folate	680 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B12 (as Methylcobalamin)	100 mcg	4,167%
Biotin	500 mcg	1,667%
Selenium (as Selenium Glycinate Complex)	25 mcg	45%
Methylsulfonylmethane (MSM) (OptiMSM®)	325 mg	*
Saw Palmetto Berry Extract (Standardized to contain 45% Fatty Acids)	320 mg	*
Horsetail (Equisetum arvense) (Aerial Parts)	250 mg	*
Stinging Nettle (Leaves)	240 mg	*
para-Aminobenzoic Acid (PABA)	150 mg	*
Betaine Hydrochloride USP	100 mg	*

\* Daily Value not established.

Other Ingredients: Hypromellose (Natural Vegetable Capsules), Microcrystalline Cellulose, Magnesium Stearate and Silicon Dioxide.

Mfg for: Holtorf Medical Group<sup>®</sup>

Centers for Hormone Balance, Hypothyroidism And Fatigue

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To reorder visit: [HoltraCeuticals.com](http://HoltraCeuticals.com)