

Suggested Use: Take 2 tablets daily, as a dietary supplement, or as directed by a physician.

Warnings: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

Other Ingredients: Dicalcium phosphate, microcrystalline-cellulose, vegetable stearic acid, vegetable magnesium stearate, aqueous film coating (purified water, hydroxypropyl methylcellulose, polyethylene glycol), croscarmellose sodium, and silicon dioxide.

Chromax® is a registered trademark of Nutrition 21, LLC.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

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

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8227

Website: www.botanicochole.com

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Vitamins for Hair Formula™

*Beautiful Hair
Support™*

60 Tablets

Dietary Supplement

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value **	
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200%
Niacin (Vitamin B-3) (as niacin)	70 mg	350%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	50 mcg	834%
Biotin	300 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	150 mg	1,500%
Calcium (as dicalcium phosphate, d-calcium pantothenate)	150 mg	16%
Iron (as ferrous fumarate)	5 mg	28%
Phosphorus (as dicalcium phosphate)	164 mg	10%
Iodine (from kelp)	300 mcg	200%
Zinc (as zinc oxide)	50 mg	334%
Selenium (as L-selenomethionine)	100 mcg	142%
Manganese (as manganese sulfate)	20 mg	1,000%
Chromium (as Chromax® chromium picolinate)	100 mcg	84%
Molybdenum (as sodium molybdate)	100 mcg	134%
Choline (as choline bitartrate)	25 mg	†
Inositol	100 mg	†
PABA (para-aminobenzoic acid)	20 mg	†

† Daily Value not established.

** Daily Values are based on a 2,000 calorie per day diet.

