

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin. Contains <2% of: Caramel Color, Silica, Soy Lecithin.

Contains soy ingredients.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or 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. If any adverse reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 55554

www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

HAIR, SKIN & NAILS

ONE PER DAY FORMULA

2,500 mcg of Biotin per softgel

Beauty From Within

DIETARY SUPPLEMENT

60 RAPID RELEASE
SOFTGELS

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	1,500 mcg	167%
Riboflavin (Vitamin B-2)	2 mg	154%
Niacin (as Niacinamide)	2 mg	13%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	833%
Biotin (as d-Biotin)	2,500 mcg	8,333%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	800%
MSM (Methylsulfonylmethane)	200 mg	*
Alpha Lipoic Acid	25 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	*
DMAE Bitartrate (Dimethylaminoethanol Bitartrate)	50 mg	*

*Daily Value not established.