

DIRECTIONS: For adults, take three (3) caplets daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, 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. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



*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.

TO REORDER ITEM # 2711
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

TIMED RELEASE

VITAMINS

FOR THE HAIR

MAXIMUM POTENCY

Nutritional Support for Healthy Hair*

Beauty From Within

90^{COATED}
CAPLETS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 30

Amount Per Serving	%Daily Value	
Vitamin A (100% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	500 mg	556%
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU)	250%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	10,000 mcg	33,333%
Zinc (as Zinc Amino Acid Chelate)	5 mg	45%
Copper (as Cupric Gluconate)	2 mg	222%
Inositol	100 mg	**
PABA (Para-Aminobenzoic Acid)	100 mg	**
L-Cystine	100 mg	**
Horsetail (<i>Equisetum arvense</i>) (aerial)	100 mg	**
MSM (Methylsulfonylmethane)	100 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Choline Bitartrate, Silica. Contains <2% of: Natural Palm Leaf Glaze, Vegetable Magnesium Stearate. Contains bioengineered food ingredients.