

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate.
Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable
Magnesium Stearate.

Contains soy and wheat ingredients.

Contains bioengineered food ingredients.

DIRECTIONS: For adults, take one (1) tablet
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. Avoid this product if you are
allergic to yeast. Discontinue use and consult your
doctor if any adverse reactions occur. Keep out of
reach of children. Store at room temperature.
Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 2100

www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.

Rankonkoma, NY 11779 U.S.A.

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Puritan's Pride

VITAMINS FOR THE HAIR

ONE PER DAY FORMULA

Beauty From Within

DIETARY SUPPLEMENT

60 COATED TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Vitamin D (as D3 Cholecalciferol)	50 mcg (2,000 IU) 250%
Niacin	20 mg 125%
Folate	666 mcg DFE (400 mcg folic acid) 167%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%
Biotin	1,000 mcg 3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%
Choline (as Choline Bitartrate)	10 mg 2%
Iodine (from Kelp)	150 mcg 100%
Zinc (as Zinc Oxide)	15 mg 136%
Copper (as Copper Gluconate)	2 mg 222%
Manganese (as Manganese Gluconate)	2 mg 87%
PABA (Para-Aminobenzoic Acid)	10 mg *
Inositol	10 mg *
Isolated Soy Protein	25 mg *
Brewer's Yeast	5 mg *

*Daily Value not established.