

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin. Contains <2% of: FD&C Blue #1, FD&C Red #40, Silica, Titanium Dioxide Color.

Contains soy and tree nut (argan) ingredients.

DIRECTIONS: For adults, take three (3) softgels daily, preferably with meals.

WARNING: If you are 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. If any adverse reactions occur, stop use and consult your doctor. Avoid this product if you are allergic to yeast. Not intended for use by persons under the age of 18. Although this product is targeted to men, if you are a woman who is pregnant or nursing, consult your doctor before use. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

*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 # 22609
www.puritan.com
1-800-645-1030

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PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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HAIR VITAMINS FOR MEN

5000 MCG OF BIOTIN
PER SERVING

With Antioxidants C and E

For Healthier Looking Hair*

120 Softgels

MULTIVITAMIN
SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

Amount Per Serving		%Daily Value
Calories	15	
Total Fat	1 g	1%**
Vitamin A (as Retinyl Palmitate)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D (as D3 Cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	3 mg	20%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	3 mg	250%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	333%
Biotin (as d-Biotin)	5,000 mcg	16,667%
Pantothenic Acid (as d-Calcium Pantothenate)	12 mg	240%
Iron (as Ferrous Gluconate)	3 mg	17%
Zinc (as Zinc Gluconate)	7.5 mg	68%
Selenium (as Selenium Yeast)	12.5 mg	23%
Manganese (as Manganese Gluconate)	5 mg	217%
Argan Oil (<i>Argania spinosa</i>)	25 mg	***
PABA (Para-Aminobenzoic Acid)	10 mg	***
Choline Bitartrate	10 mg	***
Alpha Lipoic Acid	10 mg	***
Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg	***
Hydrolyzed Collagen	50 mg	***
Hyaluronic Acid (as Sodium Hyaluronate)	30 mg	***

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

***Daily Value not established.