

#1 BRAND FOR HAIR, SKIN & NAILS[†]



OPTIMAL SOLUTIONS[®]

EXTRA STRENGTH[†]

HAIR, SKIN & NAILS SOFTGELS

ADVANCED

**With 2x Biotin[†]
5,000 mcg
PER SERVING**

ARGAN OIL INFUSED

Antioxidant Vitamins C & E | Plus Hyaluronic Acid

150 RAPID RELEASE
LIQUID SOFTGELS

MULTIVITAMIN SUPPLEMENT

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

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 50

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)	10 mg 67%
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 83% (200 mcg folic acid)
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%

Amount Per Serving	%Daily Value
Biotin	5,000 mcg 16,667%
Pantothenic Acid (as d-Calcium Pantothenate)	4 mg 80%
Iron (as Ferrous Gluconate)	3 mg 17%
Zinc (as Zinc Gluconate)	7.5 mg 68%
Selenium (as Selenium Yeast)	12.5 mcg 23%
Manganese (as Manganese Gluconate)	5 mg 217%
Argan Oil (<i>Argania spinosa</i>)	25 mg **
PABA (Para-Aminobenzoic Acid)	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.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin. **Contains <2% of:** Carmine Color, Choline Bitartrate, Mica, Silica, Titanium Dioxide Color.

Contains soy and tree nut (argan) ingredients.

Non-GMO, No Artificial Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

[†]Compared to Nature's Bounty[®] Optimal Solutions[®] Hair, Skin & Nails gummies

[®]Source: IRI Total US - Multi Outlet: Latest 52 weeks ending 05/23/21.

Prod. No. 35710 Label No. 13405 B53215 12J

Beauty Starts on the Inside[™]

At Nature's Bounty, we believe health and beauty go hand in hand. With 50 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty[®] product is backed by science, and made with the purest ingredients...guaranteed. *Beauty Starts on the Inside[™]*

✓ **Guaranteed Quality**

✓ **Laboratory Tested**

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure, 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. 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. 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.

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.

Nutrition Questions or Comments?

Call 1-800-433-2990

Mon.-Sat. 9 AM-7 PM ET

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