



OPTIMAL SOLUTIONS®

EXTRA STRENGTH
**HAIR, SKIN
& NAILS**

ARGAN OIL INFUSED



5000mcg of Biotin
PER SERVING

Antioxidants A, C & E
Plus Hyaluronic Acid

150 rapid release
liquid softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 50

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	5	
Total Fat	1 g	1%*
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	800 IU	200%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Biotin (as d-Biotin)	5,000 mcg (5 mg)	1,667%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as Selenium Yeast)	12.5 mcg	18%
Manganese (as Manganese Gluconate)	5 mg	250%
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.

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

Contains Soy and Tree Nut (Argan) ingredients.

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

No Artificial Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. 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

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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