



OPTIMAL SOLUTIONS®

HAIR, SKIN & NAILS GUMMIES



with Biotin

Skin & Hair Nutrients*
Antioxidants Vitamin C & E



80 Strawberry Flavored
gummies

DIETARY SUPPLEMENT

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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
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Bohemia, NY 11716 U.S.A.
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Looking good and feeling great has never been this delicious! Nature's Bounty® Optimal Solutions® Hair, Skin & Nails Gummies contains just the right balance of nutrients to support lustrous hair, healthy nails and vibrant skin, all in a delicious strawberry flavored gummy.*

Nature's Bounty® Optimal Solutions® Hair, Skin & Nails Gummies provides you with the vital nutrients your body needs to support your natural beauty from within.* Vitamin E and Vitamin C are antioxidants. Vitamin E contributes to skin health, and Vitamin C is involved in collagen production and formation, which forms the basis for vibrant skin.* Biotin helps to maintain healthy hair and promotes healthy nails by acting at the nail matrix, the base of the nail.*

DIRECTIONS: For adults, take two (2) gummies one or two times daily, preferably with a meal.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 40

Amount Per Serving		%Daily Value
Calories	15	
Total Carbohydrate	4 g	1%**
Sugars	2 g	***
Vitamin C (as Ascorbic Acid)	15 mg	25%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	50%
Biotin (as d-Biotin)	2,500 mcg (2.5 mg)	833%

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

***Daily Value not established.

Other Ingredients: Corn Syrup, Sugar, Dicalcium Phosphate, Grape Juice Color Concentrate, Gelatin, Modified Food Starch, Citric Acid, Lactic Acid, Natural Strawberry Flavor, Black Carrot Juice Color Concentrate, Maltodextrin, Fractionated Coconut Oil (Contains one or more of the following: Carnauba Wax, Beeswax), Silica.

No Artificial Flavor, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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. 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.