

#1 BRAND FOR HAIR, SKIN & NAILS

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

ADVANCED

HAIR, SKIN & NAILS GUMMIES

With over 2X Biotin*

6,000 mcg per serving

Vitamin A and Antioxidant Vitamins C & E
Non-GMO



40 Strawberry Flavored gummies

DIETARY SUPPLEMENT

537452-01 EXP 06/22

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With nearly 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™*

- ✓ 6,000 mcg Biotin per serving
- ✓ Non-GMO Gummies
- ✓ With Vitamin A
- ✓ Antioxidant Vitamins C&E

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

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. 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

DIRECTIONS: For adults, chew two (2) gummies daily, preferably with a meal.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 20

Amount Per Serving	%Daily Value	
Calories	15	
Total Carbohydrate	3g	1%**
Total Sugars	2g	***
Includes 2g Added Sugars		4%**
Vitamin A (as Retinyl Palmitate)	150 mcg	17%
Vitamin C (as Ascorbic Acid)	18 mg	20%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	8.1 mg	54%
Biotin (as d-Biotin)	6,000 mcg	20,000%
Sodium	10 mg	<1%

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

***Daily Value not established.

Other Ingredients: Sugar, Corn Syrup, Dicalcium Phosphate, Gelatin. **Contains <2% of:** Citric Acid, Fruit and Vegetable Juice (color), Lactic Acid, Maltodextrin, Natural Strawberry Flavor, Pectin, Silica, Vegetable Oil (Palm) (Contains Carnauba Wax).

◇Source: Nielsen xAOC 52 weeks ending 07/29/19.

*Compared to Nature's Bounty® Optimal Solutions® Hair, Skin & Nails Gummies

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A.
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Made In The USA
with select ingredients
from around the world

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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