

#1 BRAND FOR HAIR, SKIN & NAILS^oOPTIMAL SOLUTIONS^o

HAIR, SKIN & NAILS

COATED CAPLETS

**3,000 mcg
BIOTIN**
PER SERVING

16 Key Ingredients
Including Antioxidants

**60 COATED
CAPLETS**

MULTIVITAMIN SUPPLEMENT

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

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 20

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Beta Carotene and Vitamin A Acetate)	1,500 mcg 167%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 15%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Phosphorus (as Dicalcium Phosphate)	87 mg 7%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU) 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%	Manganese (as Manganese Gluconate)	2 mg 87%
Riboflavin (Vitamin B-2)	2 mg 154%	PABA (Para-Aminobenzoic Acid)	10 mg *
Niacin (as Niacinamide)	25 mg 156%	Inositol	30 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%	Citrus Bioflavonoid / Rutin Complex	38 mg *
Folate 333 mcg DFE (200 mcg folic acid)	83%	Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg *
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%	Collagen (Hydrolyzed Gelatin)	50 mg *
Biotin (as d-Biotin)	3,000 mcg 10,000%		
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%		

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Carnuba Wax, Choline Bitartrate, Gelatin, Mannitol, Silica, Vegetable Magnesium Stearate.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.

Prod. No. 7580 Label No. 13404 B80114 20N

No Artificial Color, Flavor or Sweetener, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Shellfish, Sodium Free.

^oSource: IRI Total US - Multi Outlet: Latest 52 weeks ending 05/23/21.

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^o product is backed by science, and made with the purest ingredients...guaranteed. *Beauty Starts on the Inside™*



- ✓ No Artificial Flavors
- ✓ 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. 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

★ **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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