

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin. Contains <2% of: Caramel Color, Silica.

Contains soy ingredients.

**DIRECTIONS:** For adults, take one (1) softgel daily, preferably with a meal.

**WARNING:** If you are pregnant, nursing, taking any medications or 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. Discontinue use and consult your doctor if any adverse reactions occur. 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.

TO REORDER ITEM # 50779

[www.puritan.com](http://www.puritan.com)

1-800-645-1030

Carefully Manufactured by  
PURITAN'S PRIDE, INC.  
Ronkonkoma, NY 11779 U.S.A.  
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Puritan's Pride

# HAIR, SKIN & NAILS

ONE PER DAY FORMULA

2,500 mcg of Biotin per softgel

Beauty From Within

DIETARY SUPPLEMENT

30 RAPID RELEASE  
SOFTGELS

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	1,500 mcg	167%
Riboflavin (Vitamin B-2)	2 mg	154%
Niacin (as Niacinamide)	2 mg	13%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate (200 mcg folic acid)	333 mcg DFE	83%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	833%
Biotin (as d-Biotin)	2,500 mcg	8,333%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg	800%
MSM (Methylsulfonylmethane)	100 mg	*
Grape Seed Extract ( <i>Vitis vinifera</i> )	25 mg	*
Horsetail ( <i>Equisetum arvense</i> ) (aerial)	10 mg	*
Hydrolyzed Collagen	5 mg	*
Hyaluronic Acid (as Sodium Hyaluronate)	5 mg	*

\*Daily Value not established.