



# HAIR, SKIN & NAILS OPTIMAL<sup>®</sup> SOLUTIONS

16

key Ingredients  
Including Antioxidants

3000 mcg of Biotin  
PER SERVING

60 COATED CAPLETS MULTIVITAMIN SUPPLEMENT MADE IN USA



## Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving	%Daily	Value
Vitamin A	5000 IU	100%
Vitamin C	60 mg	100%
Vitamin D	1000 IU	250%
Vitamin E	15 IU	50%
Vitamin B1	5 mg	333%
Vitamin B2	2 mg	118%
Vitamin B6	5 mg	250%
Vitamin B12	8 mcg	133%
Niacin	25 mg	125%
Folic Acid	200 mcg	50%
Biotin	3000 mcg	1000%
Pantothenic acid	15 mg	150%
Calcium	200 mg	20%
Phosphorus	90 mg	9%
Zinc	7.5 mg	50%

Manganese	2 mg	100%
Magnesium	50 mg	13%
Iodine	26.7mcg	18%
Iron	3.2 mg	18%
PABA	10 mg	**
Choline Bitartrate	10 mg	**
Inositol	30 mg	**
Citrus Bioflavonoids / Rutin	38 mg	**
Moringa Powder	3 mg	**
Collagen	50 mg	**
Linoleic acid	25 mg	**
Lecithin	25 mg	**
Lysine hydrochloride	25 mg	**
Saw Palmetto	50 mg	**
Cystine	30 mg	**
Methionine	30 mg	**
Cod liver oil	50 mg	**
Yeast	30 mg	**

\*\* Daily value not established

## Other Ingredients:

Vegetable Cellulose. Contains <2% of: Gelatin, Natural Plum Leaf Glaze, Silica, Vegetable Magnesium Stearate. Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.

## Directions:

For Adults, take one to two (1-2) Caplets daily, preferably with a meal.

**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. Not intended for use by persons under the age of 18.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN OR MISSING.**

