



Clinically shown to help grow thicker, fuller hair in 12 weeks*

As we age, more hair follicles can switch from growing normal hair to growing thinner, shorter peach fuzz, making hair appear less thick, full and healthy. Nature's Bounty® Optimal Solutions® Hair Growth Capsules have an Advanced Hair Complex that works by delivering a matrix of 3 vital nutrients to the hair follicles, providing structural support for existing hair growth, increased thickness and healthier, fuller looking hair.*



Biotin
a B Vitamin essential to hair protein synthesis*



Arginine
An amino acid in keratin



Silicon
A mineral found in healthy hair, nails, and skin

#1 BRAND FOR HAIR, SKIN & NAILS*



NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

HAIR GROWTH

Clinically Shown to Help Grow Thicker, Fuller Hair*



ONE PER DAY

30 CAPSULES

DIETARY SUPPLEMENT



NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

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



Suitable for Vegetarians



Non-GMO



Gluten Free



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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NaturesBounty.com

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Bohemia, NY 11716 U.S.A.
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DIRECTIONS: For adults, take one (1) capsule daily, preferably with a meal. Optimal results seen with continued use.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Biotin	10,000 mcg	33,333%
(from Advanced Hair Complex)		
Advanced Hair Complex	160 mg	**
Arginine Silicate Inositol (Providing 10 mg Silicon), Magnesium Biotinate		

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica.

Non-GMO, No Artificial Color, Flavor or Sweetener, **No** Sugar, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, 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.

Lustriva®, is a registered trademark of Nutrition 21, LLC.

Lustriva®, is patent protected.

◊Source: IRI Total US – Multi Outlet: Latest 52 weeks ending 04/02/23.

***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.**