

Do not accept if seal is broken. Product No. 5045
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. Not recommended for people who regularly consume liver. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, artificial color, artificial flavor, or artificial sweeteners.

† Country Life always labels minerals in elemental weight.

** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This product has been manufactured at an NSF GMP Registered facility.

Lot No: **11L853A**

11/13

Best by:



HAIR, SKIN & NAILS

MAXI-HAIR®

Plus

5,000 mcg Biotin

MAXIMIZED®

Nourishment for hair, nails and skin**

Gluten-Free

Dietary Supplement

120 Vegetarian Capsules

Country Life®

Directions: Adults take four (4) capsules daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 4 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	5,000 I.U. 100%
Vitamin C (as ascorbic acid, rose hips)	200 mg 333%
Vitamin E (as d-alpha tocopheryl acid succinate)	50 I.U. 167%
Thiamin (vitamin B1)(as thiamine hydrochloride)	30 mg 2,000%
Riboflavin (vitamin B2)	50 mg 2,941%
Niacin (as niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	5,000 mcg 1,667%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Calcium (as calcium carbonate)†	200 mg 20%
Iodine (as kelp)†	225 mcg 150%
Zinc (as zinc rice chelate)†	15 mg 100%
Selenium (as selenium rice chelate)†	50 mcg 71%
Copper (as copper rice chelate)†	1 mg 50%

MSM (methylsulfonylmethane)	600 mg *
L-Methionine (free form)	250 mg *
Horsetail Extract (leaf/stem)	100 mg *
L-Cysteine (as L-cysteine hydrochloride)	100 mg *
Inositol	50 mg *
PABA (para-aminobenzoic acid)	50 mg *
Choline (from 50 mg choline bitartrate)	23 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, inulin (from chicory root), medium chain triglycerides, maltodextrin, silica, calcium silicate.

Manufactured by Country Life, LLC
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