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Prod. No. 7580
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NATURE'S BOUNTY

Beauty Starts On The Inside™

Hair, Skin & Nails

3000mcg of Biotin!

per serving

With 29 Key Ingredients**Now With
Collagen!****60 coated caplets** DIETARY SUPPLEMENT**DIRECTIONS:** For adults, take three (3) caplets daily, preferably with meals.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A.
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For educational health tips
and to join our money-saving Healthy Rewards™ program, visit www.NaturesBounty.com



Supplement Facts

Serving Size 3 Caplets
Servings Per Container 20

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	120 mg 200%
Vitamin D (as Cholecalciferol)	100 IU 25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU 50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%
Riboflavin (Vitamin B-2)	2 mg 118%
Niacin (as Nicotinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Folic Acid	200 mcg 50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%
Biotin (as d-Biotin)	3,000 mcg (3 mg) 1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calcium	710 mg 71%
(as Calcium Carbonate and Dicalcium Phosphate)	
Iron (as Ferrous Gluconate)	3 mg 17%
Phosphorus (as Dicalcium Phosphate)	150 mg 15%
Iodine (as Potassium Iodide)	112.5 mcg 75%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Gluconate)	7.5 mg 50%
Selenium (as L-Selenomethionine)	12.5 mcg 19%
Manganese (as Manganese Gluconate)	5 mg 250%
Sodium	10 mg <1%
PABA (Para-Aminobenzoic Acid)	25 mg *
Choline Bitartrate	25 mg *
Inositol	30 mg *
Citrus Bioflavonoids (Citrus spp.) (orange) (fruit)	25 mg *
Psyllium	12.5 mg *
Horsehair (Equibulum anense) (animal)	3 mg *
Betaine Hydrochloride	25 mg *
Collagen (Hydrolyzed Gelatin)	45 mg *
Chlorophyll (as Sodium Copper Chlorophyllin)	5 mg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.**No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.****WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, 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. Store in a cool, dry place. Do not use if seal under cap is broken or missing.**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.