

Prod. No.
2100



B2101

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Beauty Starts On The Inside

Vitamins for the Hair

*Provides a combination of
nutrients consistently
found in healthy hair.*

DIETARY SUPPLEMENT

65 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Niacin	35 mg	175%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Iron (as Ferrous Sulfate)	15 mg	83%
Iodine (from Kelp)	150 mcg	100%
Zinc (as Zinc Gluconate)	15 mg	100%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Gluconate)	5 mg	250%
Sodium	5 mg	<1%
PABA (Para-Aminobenzoic Acid)	30 mg	*
Choline Bitartrate	125 mg	*
Inositol	50 mg	*
Isolated Soy Protein	100 mg	*
Brewer's Yeast	5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Dicalcium Phosphate, Croscarmellose, Calcium Silicate, Vegetable Magnesium Stearate, Silica, Maltodextrin, Cellulose Coating, Mannitol.

Contains soy and wheat ingredients.

FREE OF: milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor.

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Avoid this product if you have Wilson's disease or are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur.

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.

STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Suitable for vegetarians.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

Visit us on the Web
www.NaturesBounty.com

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