

**Vitamins** **4** **Hair**™

*Beautiful  
Hair  
Support\**

**Dietary Supplement**

**60 TABLETS**

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

| Amount Per Serving                                       | % Daily Value |        |
|----------------------------------------------------------|---------------|--------|
| Vitamin E (as d-alpha tocopheryl succinate)              | 60 IU         | 200%   |
| Niacin (Vitamin B-3) (as niacin)                         | 70 mg         | 350%   |
| Folate (as folic acid)                                   | 800 mcg       | 200%   |
| Vitamin B-12 (as cyanocobalamin)                         | 50 mcg        | 834%   |
| Biotin                                                   | 300 mcg       | 100%   |
| Pantothenic acid (as d-calcium pantothenate)             | 150 mg        | 1,500% |
| Calcium (as dicalcium phosphate, d-calcium pantothenate) | 150 mg        | 16%    |
| Iron (as ferrous fumarate)                               | 5 mg          | 28%    |
| Phosphorus (as dicalcium phosphate)                      | 104 mg        | 10%    |
| Iodine (from kelp)                                       | 300 mcg       | 200%   |
| Zinc (as zinc oxide)                                     | 50 mg         | 334%   |
| Selenium (as L-selenomethionine)                         | 100 mcg       | 142%   |
| Manganese (as manganese sulfate)                         | 20 mg         | 1,000% |
| Chromium (as Chromax® chromium picolinate)               | 100 mcg       | 84%    |
| Molybdenum (as sodium molybdate)                         | 100 mcg       | 134%   |
| Choline (as choline bitartrate)                          | 23 mg         | †      |
| Inositol                                                 | 100 mg        | †      |
| PABA (para-aminobenzoic acid)                            | 20 mg         | †      |

† Daily Value not established.

**OTHER INGREDIENTS:** DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, VEGETABLE STEARIC ACID, VEGETABLE MAGNESIUM STEARATE, AQUEOUS FILM COATING (PURIFIED WATER, HYDROXYPROPYL METHYLCELLULOSE, POLYETHYLENE GLYCOL), CROSCARMELLOSE SODIUM, AND SILICON DIOXIDE.

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**Suggested Use:** Take 2 tablets daily, as a dietary supplement, or as directed by a physician.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

\* 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.

Best if used by date on bottle. Store in a dry, cool place.

**KEEP OUT OF REACH OF CHILDREN**

Any Questions? 1-800-644-8327 Website: [www.botanicchoice.com](http://www.botanicchoice.com)

