

Do not accept if seal is broken. Product No. 5029
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.

Country Life
101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com

Lot No:
10H962A
10/12

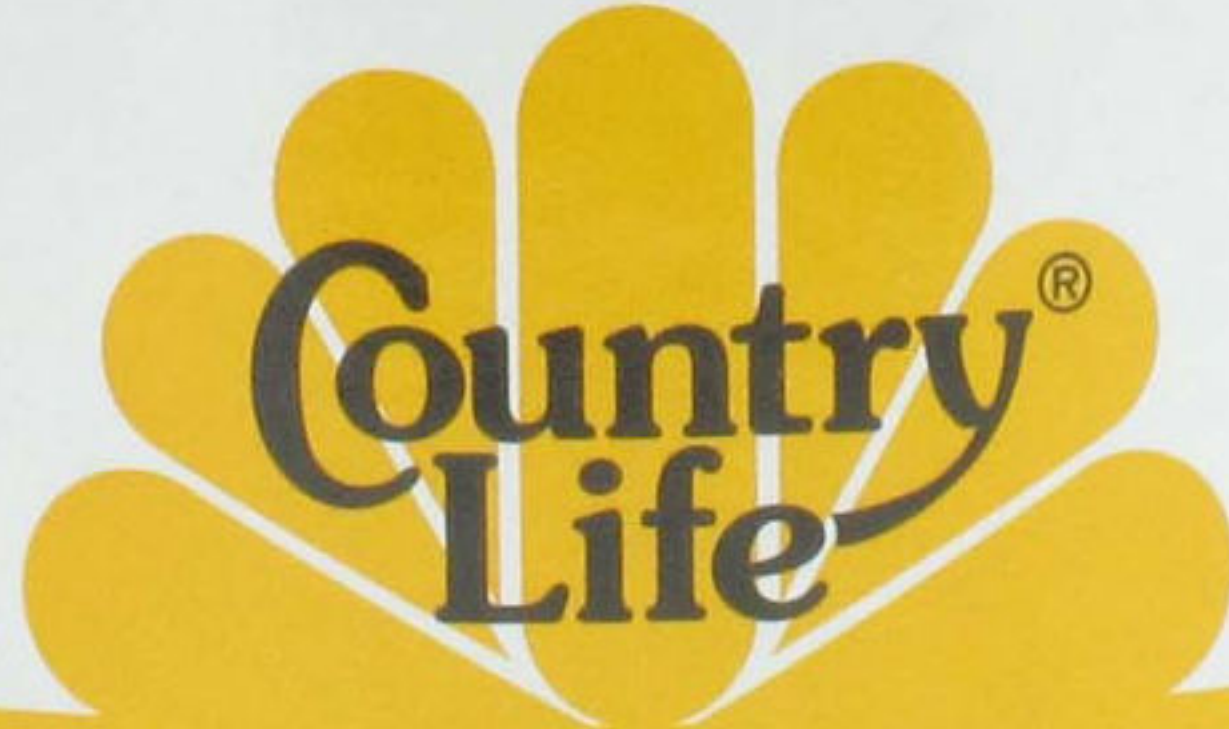
Best by:



HAIR, SKIN & NAILS

TIME RELEASE
MAXI-HAIR®

MAXIMIZED
Nourishment for
hair, nails and skin**
90 Tablets
Dietary Supplement



Directions: Adults take two (2) tablets 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 2 tablets		Servings Per Container 45
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 B-1)(as thiamine hydrochloride)	30 mg	2,000%
Riboflavin (vitamin B-2)	50 mg	2,941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	2,000 mcg	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 amino acid chelate)†	15 mg	100%
Selenium (as selenium amino acid chelate)†	50 mcg	71%
Copper (as copper amino acid chelate)†	1 mg	50%
MSM (methylsulfonylmethane)	600 mg	*
L-Methionine (free form)	250 mg	*
Horsetail Extract 2:1 (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, stearic acid, oligosaccharides, magnesium stearate, cellulose & glycerin coating, silica, calcium silicate, natural vanilla, vegetable glaze.