



OPTIMAL SOLUTIONS®

HAIR, SKIN & NAILS

3000mcg of Biotin
PER SERVING

16 Key Ingredients Including Antioxidants

60 coated
caplets

MULTIVITAMIN
SUPPLEMENT

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)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU	250%
Vitamin E (as dl-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 Niacinamide)	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	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg	20%
Phosphorus (as Dicalcium Phosphate)	90 mg	9%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Manganese (as Manganese Gluconate)	2 mg	100%
PABA (Para-Aminobenzoic Acid)	10 mg	**
Choline Bitartrate	10 mg	**
Inositol	30 mg	**
Citrus Bioflavonoid / Rutin Complex	38 mg	**
Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg	**
Collagen (Hydrolyzed Gelatin)	50 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Gelatin, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.

Being healthy is always beautiful. With Nature's Bounty® Optimal Solutions® Hair, Skin & Nails formula, you'll look good and feel great! It contains just the right balance of nutrients to support lustrous hair, strong nails and vibrant skin.*

DIRECTIONS: For adults, take three (3) caplets daily, preferably with a meal.

No Artificial Color or Flavor, **No** Preservatives, **No** Sugar, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Yeast, **No** Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

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

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