

DIRECTIONS: For adults, take two (2) capsules daily, preferably with a meal.

No Artificial Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications 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.



Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.



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

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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OPTIMAL SOLUTIONS®

HEALTHY AGING KERATIN FORMULA



**Supports Skin
Elasticity & Hydration,
and Hair Strength***

with Resveratrol & Grape Seed

50 capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 25

Amount Per Serving	%Daily Value	
Niacin	18 mg	90%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	14 mg	140%
Zinc (as Zinc Oxide)	15 mg	100%
Copper (as Copper Gluconate)	2 mg	100%
Cynatine® HNS Keratin	500 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> Extract (root))	10 mg	**
Grapeseed Extract (<i>Vitis vinifera</i>)	10 mg	**

**Daily Value not established.

Other Ingredients: Gelatin, Dicalcium Phosphate.
Contains <2% of: Silica, Vegetable Magnesium Stearate, Titanium Dioxide Color.

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