

Potencies verified by GNC procedure #5015.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors,
No Preservatives, No Wheat, No Gluten, No Corn, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For more information: 1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

ACTUAL SIZE

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!

ULTRA NOURISH-HAIR™

GNC Women's Ultra Nourish-Hair is specially formulated to help nourish your hair from within. This enhanced formula blends amino acids with important nutrients found in the matrix of hair.

- **Biotin** – Supports the matrix of hair and normal cell growth.* Each serving combines 1200 mcg of biotin with silica to provide support for healthy hair.*
- **MSM (Methylsulfonyl-methane)** – A natural source of sulfur that is an essential component of collagen, a specific type of protein found in hair.
- **Amino acid complex** – Amino acids are the building blocks of proteins that are needed for the growth and repair of tissues.
- **Antioxidant protection** – Provides antioxidant nutrients that protect the body from harmful free radicals that promote the cell-aging process.*

To ensure a more complete nutritional program, be sure to include one of GNC's premium Women's Ultra Mega® multivitamin formulas to your daily regimen.

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

GNC WOMEN'S



ULTRA NOURISH-HAIR™ DIETARY SUPPLEMENT

Advanced nutrition for beautiful hair

- 1200 mcg biotin
- 500 mg MSM
- 800 mg proprietary amino acid complex

120 CAPLETS

CODE 299621

JHG

Directions: As a dietary supplement, take two caplets daily.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (100% as beta-Carotene)	1000 IU	20%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU	100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg	200%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin	1200 mcg	400%
Pantothenic Acid (as Calcium d-Pantothenate)	20 mg	200%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Oxide)	40 mg	10%
Zinc (as Zinc Oxide)	30 mg	200%
Copper (as Copper Gluconate)	2 mg	100%
Proprietary Amino Acid Complex Lactalbumin L-Cysteine L-Methionine	800 mg	*
MSM (Methylsulfonyl-methane)	500 mg	*
Choline (as Choline Bitartrate)	250 mcg	*
Boron (as Boron Citrate)	3 mg	*
Silica (as Silicon Dioxide)	1 mg	*
Inositol	50 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

CONTAINS: Milk.