



Beauty Starts on the Inside™

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

### Supplement Facts

Serving Size 2 Gummies  
Servings Per Container 1

| Amount Per Serving                            |           | %Daily Value |
|-----------------------------------------------|-----------|--------------|
| Calories                                      | 15        |              |
| Total Carbohydrate                            | 4 g       | 1%**         |
| Sugars                                        | 2 g       | ***          |
| Vitamin C (as Ascorbic Acid)                  | 15 mg     | 25%          |
| Vitamin E<br>(as dl-Alpha Tocopheryl Acetate) | 15 IU     | 50%          |
| Biotin (as d-Biotin)                          | 2,500 mcg | 833%         |

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\*Daily total not established.

**Other Ingredients:** Corn Syrup, Sugar, Dicalcium Phosphate, White Grape Juice Concentrate, Gelatin, Modified Food Starch, Citric Acid, Lactic Acid, Natural Flavors, Black Carrot Juice Concentrate, Maltodextrin, Fractionated Coconut Oil (Contains one or more of the following: Carnauba Wax, Beeswax), Silica.

**No Artificial Flavor, 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, 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. Keep out of reach of children. Store at room temperature. Do not use if packet is torn or open. Natural color variation is normal and does not affect the quality of the product.

©Source: Nielsen sAOC 52 weeks ending 8/22/15.  
For educational health tips and savings join our e-newsletter, visit [www.naturesbounty.com](http://www.naturesbounty.com)

**Nutrition Questions or Comments?**

Call 1-800-433-2990 Mon. - Sat. 9 AM - 7 PM ET

Carefully Manufactured for NATURE'S BOUNTY, INC.

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2 Strawberry Flavored  
gummies  
DIETARY SUPPLEMENT

SAMPLE PACKET INSIDE

Expiration 12/31/2016

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Available in the vitamin aisle



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Want to know the secret to beautiful hair, skin and nails? **Optimal Solutions® Hair, Skin and Nails from Nature's Bounty®.** Looking good and feeling great has never been this delicious! **Optimal Solutions® Hair, Skin & Nails Gummies** contains just the right balance of nutrients to support lustrous hair, healthy nails and vibrant skin, all in a delicious naturally flavored strawberry gummy.\* It's a nutritional supplement that nourishes your body from the inside.

- Biotin for Healthy Hair, Skin & Nails\*
- Vitamins C & E for Vibrant Skin\*
- Antioxidant Support\*

Beauty Starts on the Inside™

Visit [www.naturesbounty.com/optimalsolutions](http://www.naturesbounty.com/optimalsolutions) to become an Optimal Solutions® Insider. Sign up to receive special offers, goodies and more information via email.

\*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.



**Optimal Solutions®** was designed for women, by women, offering a simple way to target the areas that mean the most to them. Which is why you want the right ingredients for building the best "you" to be your healthy best. We believe beauty starts on the inside and **Optimal Solutions®** brings out a more radiant, a more confident, a more beautiful you.

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