

#1 BRAND FOR HAIR, SKIN & NAILS*



HAIR, SKIN & NAILS

HEALTH & BEAUTY

With Biotin
3000 mcg per serving
16 Key Ingredients
Including Antioxidants

60 Coated Caplets

MULTIVITAMIN
SUPPLEMENT

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

Supplement Facts

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Calcium	200 mg 20%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Iron (as Ferrous Fumarate and Calcium Carbonate)	20 mg 20%
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	Phosphorus (as Dicalcium Phosphate)	90 mg 9%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU 50%	Magnesium (as Magnesium Oxide)	50 mg 13%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%	Zinc (as Zinc Gluconate)	7.5 mg 50%
Riboflavin (Vitamin B-2)	2 mg 118%	Manganese (as Manganese Gluconate)	2 mg 100%
Niacin (as Nicotinamide)	25 mg 125%	PABA (Para-Aminobenzoic Acid)	10 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Choline Bitartrate	10 mg **
Folic Acid	200 mcg 50%	Inositol	30 mg **
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Citrus Bioflavonoid / Rutin Complex	38 mg **
Biotin (as d-Biotin)	3,000 mcg 1,000%	Horsetail Powder (Equisetum arvense) (aerial)	3 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%	Collagen (Hydrolyzed Gelatin)	50 mg **
Calcium (as Dicalcium Phosphate)	200 mg 20%		

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.
WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or

Beauty Starts on the Inside™

At Nature's Bounty® we believe health and beauty go hand in hand. With over 40 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with only the purest ingredients, guaranteed. Beauty Starts on the Inside™

★ Made in The USA with select ingredients from around the world

Join our Loyalty Program at NaturesBountyRewards.com
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

No Artificial Color, No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Yeast, No Shellfish, Sodium Free.
Nutrition Questions or Comments? Call 1-800-433-2990
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Prod. No. 7580 B52181 17L

Prod. No. 7580

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Serving Size 3 Caplets
Servings Per Container 20

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★Source: Nielsen xAOC 52 weeks ending 2/20/16.

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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. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor. 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.

Nutrition Questions or Comments?
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*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.

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16 Key Ingredients
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MULTIVITAMIN
SUPPLEMENT

#1 BRAND FOR HAIR, SKIN & NAILS*

LUSTROUS HAIR*
STRONG NAILS*
VIBRANT SKIN*

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.*

- Antioxidants C & E
- 100% Daily Value of 11 Nutrients

This innovative formula provides you with the vital nutrients your body needs to support your natural beauty from within. B Vitamins help with energy metabolism, and Biotin helps to maintain healthy hair and support healthy nails.* Vitamin E and Vitamin C are antioxidants. Vitamin C is involved in collagen production and formation, which forms the basis for vibrant skin.* Vitamin A assists with skin maintenance, and overall health.*

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