#1 BRAND FOR HAIR, SKIN & NAILS◊

NATURE'S BOUNTY®
OPTIMAL SOLUTIONS®

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

EXTRA STRENGTH
HAIR, SKIN & NAILS
ARGAN OIL INFUSED

HEALTH & BEAUTY

With Biotin
5000 mcg per serving
Antioxidants C & E
Plus Hyaluronic Acid

150 Rapid Release Liquid Softgels

MULTIVITAMIN SUPPLEMENT

0 74312 35710 7

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

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 50

Amount Per Serving		%Daily Value
Calories	15	
Calories from Fat	5	
Total Fat	1 g	2%*
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	800 IU	200%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
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)	5,000 mcg	1,667%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Iron (as Ferrous Gluconate)	3 mg	17%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as Selenium Yeast)	12.5 mcg	18%
Manganese (as Manganese Gluconate)	5 mg	250%
Argan Oil *(Argania spinosa)*	25 mg	**
PABA (Para-Aminobenzoic Acid)	10 mg	**
Choline Bitartrate	10 mg	**
Alpha Lipoic Acid	10 mg	**
Horsetail *(Equisetum arvense)* (aerial)	3 mg	**
Hydrolyzed Collagen	50 mg	**
Hyaluronic Acid (as Sodium Hyaluronate)	30 mg	**

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

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin. **Contains <2% of:** Carmine Color, Mica, Silica, Titanium Dioxide Color.

Contains soy and tree nut (argan) ingredients.

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. Avoid this product if you are allergic to yeast. 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. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

NATURE'S BOUNTY® OPTIMAL SOLUTIONS®

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.™

✓ Guaranteed Quality
✓ Laboratory Tested

No Artificial Flavor, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Fish.

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

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

Join our **Loyalty Program** at **NaturesBountyRewards.com**

Carefully Manufactured for **NATURE'S BOUNTY, INC.**
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Prod. No. 35710 B53215 08H

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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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LUSTROUS HAIR*
HEALTHY NAILS*
VIBRANT SKIN*

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

✓ **Antioxidants C & E**
✓ **Hyaluronic Acid**
✓ **100% Daily Value of 11 Key ingredients**

This innovative formula provides you with the vital nutrients and ingredients in beauty care to support your natural beauty from within.* High potency B Vitamins help with energy metabolism and Biotin helps to maintain healthy hair and nails.* Vitamin E is an antioxidant and 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.*

EASY TO SWALLOW SOFTGELS

Beauty Starts on the Inside™

Prod. No. 35710 B53215 08H

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Part No. 22-35710

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