

Item No. 553486

Made In The USA with select ingredients from around the world

0 74312 35713 8

#1 BRAND FOR HAIR, SKIN & NAILS*

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

EXTRA STRENGTH
HAIR, SKIN
& NAILS
ARGAN OIL INFUSED

HEALTH & BEAUTY

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

250 Rapid Release Liquid Softgels

MULTIVITAMIN
SUPPLEMENT

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

Supplement Facts

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Serving Size 3 Softgels Servings Per Container 83		15 mg	100%
Calories	15	Parthenic Acid	15 mg 100%
Calories from Fat	5	(as d-Calcium Pantothenate)	3 mg 17%
Total Fat	1 g 2%	(as d-Ferrous Gluconate)	7.5 mg 50%
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Selenium (as Selenium Yeast)	12.5 mcg 18%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Manganese (as Manganese Gluconate)	5 mg 250%
Vitamin D (as D3 Cholecalciferol)	800 IU 200%	Argan Oil (Argania spinosa)	25 mg ***
Vitamin E (as d-Alpha Tocopherol Acetate)	15 IU 50%	PABA (Para-Aminobenzoic Acid)	10 mg ***
Thiamin (Vitamin B-1 (as Thiamin Mononitrate))	5 mg 333%	Cosine Biotin	10 mg ***
Riboflavin (Vitamin B-2)	5 mg 294%	Alpha Lipoic Acid	10 mg ***
Niacin (as Niacinamide)	25 mg 125%	Horsetail (Equisetum arvense) (aerial)	3 mg ***
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Hydrolyzed Collagen	50 mg ***
Folic Acid	200 mcg 50%	Hyaluronic Acid (as Sodium Hyaluronate)	30 mg ***
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%		
Biotin (as d-Biotin)	5,000 mcg 1,667%		

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 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 the age of 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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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.

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.
Bohemia, NY 11716 U.S.A.
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Prod. No. 35713 B53215 08G

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

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NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

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.*

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. 35713

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Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
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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.

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

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500-PET-CRC
C6267

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Part No. 22-35713