

#1 BRAND FOR HAIR, SKIN & NAILS*



OPTIMAL SOLUTIONS™

EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

HEALTH & BEAUTY

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

30 Rapid Release Liquid Softgels

MULTIVITAMIN
SUPPLEMENT

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

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 10

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calories from Fat	5	Iron (as Ferrous Gluconate)	3 mg 17%
Total Fat	1 g 2%*	Zinc (as Zinc 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 Tocopheryl Acetate)	15 IU 50%	PABA (Para-Aminobenzoic Acid)	10 mg ***
Thiamin (Vitamin B-1)	5 mg 333%	Choline Bitartrate	10 mg ***
Riboflavin (Vitamin B-2)	5 mg 294%	Horselail (Equisetum arvense) (aerial)	5 mg ***
Niacin (as Nicotinamide)	25 mg 125%	Hydrolyzed Collagen	30 mg ***
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Hyaluronic Acid (as Sodium Hyaluronate)	30 mg ***
Folic Acid	200 mcg 50%		
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: Carnine 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 the 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. (Source: Nielsen xAC 52 weeks ending 2/20/16).

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

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 Milk, No Lactose, No Gluten, No Wheat, No Fish.

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.

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

Join our Loyalty Program at
Nature'sBountyRewards.com

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Prod. No. 64743 B53215 018

Prod. No. 64743

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Choline Bitartrate	10 mg ***
Alpha Lipic Acid	10 mg ***
Horselail (Equisetum arvense) (aerial)	5 mg ***
Hydrolyzed Collagen	30 mg ***
Hyaluronic Acid (as Sodium Hyaluronate)	30 mg ***

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

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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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EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

HEALTH & BEAUTY

With Biotin
5000 mcg per serving

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Plus Hyaluronic Acid

30 Rapid Release Liquid Softgels

MULTIVITAMIN
SUPPLEMENT

#1 BRAND FOR HAIR, SKIN & NAILS*

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™

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Part No. 22-64743

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