



OPTIMAL SOLUTIONS®

# EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

5000 mcg of Biotin  
PER SERVING

Antioxidants A, C & E  
Plus Hyaluronic Acid

**150** rapid release  
liquid softgels

MULTIVITAMIN SUPPLEMENT

## Supplement Facts

Serving Size 3 Softgels  
Servings Per Container 50

| Amount Per Serving                              | %Daily Value     |        |
|-------------------------------------------------|------------------|--------|
| Calories                                        | 10               |        |
| Calories from Fat                               | 5                |        |
| Total Fat                                       | 1 g              | 1%*    |
| 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 Nicotinamide)                        | 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 (5 mg) | 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 ( <i>Argania spinosa</i> )            | 25 mg            | **     |
| PABA (Para-Aminobenzoic Acid)                   | 10 mg            | **     |
| Choline Bitartrate                              | 10 mg            | **     |
| Alpha Lipic Acid                                | 10 mg            | **     |
| Horsetail ( <i>Equisetum arvense</i> ) (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.

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

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

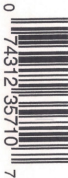
**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Not intended 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.

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

For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

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