

7584 B52181 15J EAC



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Prod. No. 7584

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

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

**Daily Value not established.

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.

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

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. 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.



Laboratory tested to meet strict quality control standards for potency, purity and disintegration
100% Quality Guaranteed

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

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OPTIMAL SOLUTIONS®

Beauty Starts on the Inside™

22-7585

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

HAIR, SKIN & NAILS

3000mcg of Biotin
PER SERVING

16 Key Ingredients
Including Antioxidants

New
Package

MULTIVITAMIN
SUPPLEMENT

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.*

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 promote healthy nail growth by acting at the base of the nail – the nail matrix – where nail growth begins.* Vitamin E and Vitamin C are antioxidants. Vitamin E contributes to skin health, 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.*

*These statements have not been evaluated by the Food and Drug Administration. They are intended to suggest a general trend, but do not constitute a diagnosis, treatment, cure or prevent any disease.

120 coated
caplets