

#1 BRAND FOR HAIR, SKIN & NAILS



OPTIMAL SOLUTIONS®

EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

HEALTH & BEAUTY

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

120 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 40

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%	Alpha Lipoic Acid	10 mg **
Niacin (as Nicotinamide)	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 C&E, 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.

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

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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.™

No Artificial Flavors. No Preservatives. No Sugar. No Starch. 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.

Nutrition Questions or Comments?
Call 1-800-433-3990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
Nature'sBountyRewards.com

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Prod. No. 59095 B53215 028

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©Source: Nielsen xAOC 92 weeks ending 6/25/16.

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



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- ✓ Laboratory Tested

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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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#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™

Prod. No. 59095 B53215 02B



Part No. 22-59095

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