

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For More Information:

1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

**GNC**

**WOMEN'S**

**Ultra  
NourishHair™**

Dietary Supplement

**ADVANCED NUTRITION FOR  
BEAUTIFUL HAIR**

- Supports the structural foundation of strong, healthy hair\*
- 1200 mcg of biotin



**PHYSICIAN  
ENDORSED\***

**120 CAPLETS**

CODE 299621

ARG

**Directions:** As a dietary supplement, take two caplets daily.

**Supplement Facts**

Serving Size Two Caplets  
Servings Per Container 60

| Amount Per Serving                                     | % Daily Value |
|--------------------------------------------------------|---------------|
| Vitamin A<br>(100% as beta-Carotene)                   | 1000 IU 20%   |
| Vitamin C (as Ascorbic Acid)                           | 60 mg 100%    |
| Vitamin E<br>(as Natural d-alpha Tocopheryl Succinate) | 30 IU 100%    |
| Thiamin (Vitamin B-1)<br>(as Thiamin Mononitrate)      | 1.5 mg 100%   |
| Riboflavin (Vitamin B-2)                               | 1.7 mg 100%   |
| Niacin (as Niacinamide)                                | 20 mg 100%    |
| Vitamin B-6<br>(as Pyridoxine Hydrochloride)           | 4 mg 200%     |
| Folic Acid                                             | 200 mcg 50%   |
| Vitamin B-12<br>(as Cyanocobalamin)                    | 6 mcg 100%    |

| Amount Per Serving                                                      | % Daily Value |
|-------------------------------------------------------------------------|---------------|
| Biotin                                                                  | 1200 mcg 400% |
| Pantothenic Acid<br>(as Calcium d-Pantothenate)                         | 20 mg 200%    |
| Iodine (as Potassium Iodide)                                            | 50 mcg 33%    |
| Magnesium<br>(as Magnesium Oxide)                                       | 40 mg 10%     |
| Zinc (as Zinc Oxide)                                                    | 30 mg 200%    |
| Copper (as Copper Gluconate)                                            | 2 mg 100%     |
| Proprietary Amino Acid Complex<br>Lactalbumin, L-Cysteine, L-Methionine | 800 mg *      |
| MSM<br>(Methylsulfonyl-methane)                                         | 500 mg *      |
| Choline (as Choline Bitartrate)                                         | 250 mcg *     |
| Boron (as Boron Citrate)                                                | 3 mg *        |
| Silica (as Silicon Dioxide)                                             | 1 mg *        |
| Inositol                                                                | 50 mcg *      |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

**CONTAINS: Milk.** Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

**KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

\* This product is endorsed by the physicians on the GNC Medical Advisory Board.