

#1 BRAND FOR HAIR, SKIN & NAILS*



Item No.
553486

★
Made in the
USA with select
ingredients from
around
the world



EXTRA STRENGTH HAIR, SKIN & NAILS

ARGAN OIL INFUSED

HEALTH & BEAUTY

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

250 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 83			
Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	15	Pantothenic Acid (as D-Calcium Pantothenate)	15 mcg 150%
Calories from Fat	5		
Total Fat	1 g 2%	Vitamin A (as Retinyl Palmitate)	5,000 IU 100%
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%	Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Vitamin D (as D3 Cholecalciferol)	800 IU 200%
Vitamin D (as D3 Cholecalciferol)	800 IU 200%	Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU 50%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU 50%	Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg 333%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg 333%	Riboflavin (Vitamin B-2)	5 mg 294%
Riboflavin (Vitamin B-2)	5 mg 294%	Niacin (as Nicotinamide)	25 mg 125%
Niacin (as Nicotinamide)	25 mg 125%	Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%	Folic Acid	200 mcg 50%
Folic Acid	200 mcg 50%	Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%	Biotin (as Biotin)	5,000 mcg 1,667%

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin, Contains ~2% of: Carmine Color, Mica, Silica, Titanium Dioxide

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.

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WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.
*Source: Nielsen xAOC 52 weeks ending 12/24/16.

NATURE'S BOUNTY
OPTIMAL SOLUTIONS®

"Beauty Starts on the Inside"

✓ **Guaranteed
Quality**
✓ **Laboratory
Tested**

At Nature's Bounty, we believe health and beauty go hand in hand. With nearly 50 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 the purest ingredients...guaranteed. *Beauty Starts on the Inside™*

No Artificial Flavors. No Preservatives. No Sugar. No Starch. No Soy. No Lactose. No Gluten. No Wheat. No Fish.

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

Join our Loyalty Program at
Nature'sBountyRewards.com

Certified Manufacturer for
NATURE'S BOUNTY, INC.
Bismarck, ND 58101 U.S.A.
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Prod. No. 35713 853215 09H

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		Zinc (as Zinc Gluconate)	7.5 mcg 50%
Zinc (as Zinc Gluconate)	7.5 mcg 50%	Selenium (as Selenium Yeast)	12.5 mcg 18%
Selenium (as Selenium Yeast)	12.5 mcg 18%	Manganese (as Manganese Gluconate)	5 mg 250%
Manganese (as Manganese Gluconate)	5 mg 250%		
		Argan Oil (Argania spinosa)	25 mg ***
Argan Oil (Argania spinosa)	25 mg ***	PABA (Para-Aminobenzoic Acid)	10 mg ***
PABA (Para-Aminobenzoic Acid)	10 mg ***	Choline Bitartrate	10 mg ***
Choline Bitartrate	10 mg ***	Alpha Liponic Acid	10 mg ***
Alpha Liponic Acid	10 mg ***	Horsetail (Equisetum arvense) (aerial)	3 mg ***
Horsetail (Equisetum arvense) (aerial)	3 mg ***	Hydrolyzed Collagen	50 mg ***
Hydrolyzed Collagen	50 mg ***	Hyaluronic Acid (as Sodium Hyaluronate)	30 mg ***
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**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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#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™"