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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

Conforms to USP <2090> for weight.  
Meets USP <2040> disintegration.  
No Sugar, No Starch, No Artificial  
Colors, No Artificial Flavors, No  
Preservatives, No Wheat, Gluten Free,  
No Corn, Yeast Free.

\* 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.

**GNC**

# WOMEN'S Ultra NourishHair™

Dietary Supplement

**ADVANCED NUTRITION  
FOR BEAUTIFUL HAIR**

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

**60 CAPLETS**

CODE 299611

JRG

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

## Supplement Facts

Serving Size Two Caplets  
Servings Per Container 30

| Amount Per Serving                                                      | % Daily Value |
|-------------------------------------------------------------------------|---------------|
| Vitamin A (100% as beta-Carotene)                                       | 1000 IU 20%   |
| Vitamin C (as Ascorbic Acid)                                            | 60 mg 100%    |
| Vitamin E (as Natural d-alpha Tocopheryl Succinate)                     | 30 IU 100%    |
| Thiamin (Vitamin B-1)(as Thiamin Mononitrate)                           | 1.5 mg 100%   |
| Riboflavin (Vitamin B-2)                                                | 1.7 mg 100%   |
| Niacin (as Niacinamide)                                                 | 20 mg 100%    |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                               | 4 mg 200%     |
| Folic Acid                                                              | 200 mcg 50%   |
| Vitamin B-12 (as Cyanocobalamin)                                        | 6 mcg 100%    |
| Biotin                                                                  | 1200 mcg 400% |
| Pantothenic Acid (as Calcium d-Pantothenate)                            | 20 mg 200%    |
| Iodine (as Potassium Iodide)                                            | 50 mcg 33%    |
| Magnesium (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 (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.**

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

Lot No./Best By: