

*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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General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC

WOMEN'S

Ultra

NourishHair™

Dietary Supplement

**ADVANCED NUTRITION
FOR BEAUTIFUL HAIR**

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

120 CAPLETS

CODE 299621

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

Amount Per Serving	% Daily Value
Biotin	1200 mcg 400%
Pantothenic Acid	20 mg 200%
(as Calcium d-Pantothenate)	
Iodine (as Potassium Iodide)	50 mcg 33%
Magnesium	40 mg 10%
(as Magnesium Oxide)	
Zinc (as Zinc Oxide)	30 mg 200%
Copper (as Copper Gluconate)	2 mg 100%
Proprietary Amino Acid Complex	800 mg *
Lactalbumin, L-Cysteine, L-Methionine	
MSM	500 mg *
(Methylsulfonyl-methane)	
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.