

DIRECTIONS: As a dietary supplement, take two caplets daily. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (100% as beta-Carotene)	1000 IU	20%
Vitamin C (as Ascorbic Acid)	30 mg	50%
Vitamin E (as Mixed Tocopherols)	10 IU	33%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacin & Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin	2000 mcg	667%
Pantothenic Acid (as Calcium D-pantothenate)	50 mg	500%
Iodine (as Kelp)	50 mcg	33%
Magnesium (as Magnesium Gluconate)	15 mg	4%
Zinc (as Zinc Gluconate)	15 mg	100%
Copper (as Copper Gluconate)	1 mg	50%
Silica (as Silicon Dioxide)	2 mg	*
Boron (as Boron Gluconate)	1 mg	*
L-Cysteine	100 mg	*
Choline (as Choline Bitartrate)	250 mcg	*
Inositol	50 mcg	*
Hydrolyzed Gelatin	25 mg	*
Natural Amino Complex (<i>Lactalbumin</i>)	50 mg	*
Cayenne Pepper (<i>Capsicum frutescens</i>)	10 mg	*
Proprietary Herbal Blend	20 mg	*
Juniper Berries Powder (<i>Juniperus communis</i>), Uva Ursi Powder (<i>Arctostaphylos uva ursi</i>), Watermelon Seed Powder (<i>Citrullus vulgaris</i>), Cube Fruit Powder (<i>Piper cubeba</i>), Goldenrod Herb Powder (<i>Solidago virgaurea</i>), Horsetail Herb Powder (<i>Equisetum arvense</i>), Buchu Leaves Powder (<i>Barosma crenulata</i>), Corn Silk Powder (<i>Zea mays</i>), Cranberry Bark Powder (<i>Vaccinium macrocarpon</i>), Shave Grass Powder (<i>Equisetum arvense</i>)		

* Daily Value not established.

Other Ingredients: Cellulose, Dicalcium Phosphate, Titanium Dioxide (Natural Mineral Whitener), Food Glaze, Vegetable Acetoglycerides.

CONTAINS: Milk.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

GNC

MEN'S Ultra NourishHair™

Dietary Supplement

PREMIUM FORMULA
FOR MEN

- Supports the structural foundation of strong, healthy hair*
- 2,000 mcg of biotin*
- Natural amino acid complex
- Proprietary herbal blend
- Antioxidants to fight cell aging*



PHYSICIAN
ENDORSED

120 CAPLETS

Ultra NourishHair™



Dr. Frank J. Costa, M.D.

GNC Ultra NourishHair™ is physician endorsed by Frank J. Costa, M.D., an internationally acclaimed urological surgeon, men's health expert and member of the GNC Medical Advisory Board.

"Packed with biotin and silica, Ultra NourishHair™ supports the hair matrix from the inside out."

ULTRA NOURISHHAIR™

Scientifically designed to nourish hair from within, this enhanced formula blends amino acids with important nutrients found in the matrix of hair.

Biotin

- Features 2,000 mcg of biotin per serving to support normal cell growth in the hair matrix. Biotin is an essential vitamin known to promote healthy hair and normal cell growth.*

Amino Acid Complex

- Features a natural amino acid complex with hydrolyzed gelatin, a natural source of collagen. Amino acids are the building blocks of proteins and are needed for the growth and repair of tissue.*

Proprietary Herbal Blend

- Includes a proprietary herbal blend that supplies many beneficial herbs such as juniper berries and horsetail.

Antioxidant Protection

- Provides antioxidant nutrients that help protect the body from harmful free radicals that can promote the cell aging process.*

* 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.



GLUTEN
FREE

No Sugar, No Artificial Colors,
No Artificial Flavors, No Preservatives,
Sodium Free, No Wheat, Gluten Free,
Yeast Free.

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

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

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General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

GNC QUALITY COMMITMENT

For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



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