

Vitamins **4** **Hair®**

*Beautiful Hair
Support**

Dietary Supplement

120 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200%
Niacin (Vitamin B-3) (as niacin)	70 mg	350%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	50 mcg	834%
Biotin	300mcg	100%
Pantothenic acid (as d-calcium pantothenate)	150mg	1,500%
Calcium (as dicalcium phosphate, d-calcium pantothenate)	118 mg	12%
Iron (as ferrous fumarate)	5 mg	28%
Phosphorus (as dicalcium phosphate)	80 mg	8%
Iodine (from kelp)	300 mcg	200%
Zinc (as zinc oxide)	50 mg	334%
Selenium (as L-selenomethionine)	100 mcg	142%
Manganese (as manganese sulfate)	20 mg	1,000%
Chromium (as Chromax® chromium picolinate)	100 mcg	84%
Molybdenum (as sodium molybdate)	100 mcg	134%
Choline (as choline bitartrate)	23 mg	†
Inositol	100 mg	†
PABA (para-aminobenzoic acid)	20 mg	†

† Daily Value not established.

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, VEGETABLE STEARIC ACID, VEGETABLE MAGNESIUM STEARATE, AQUEOUS FILM COATING (PURIFIED WATER, HYDROXYPROPYL METHYLCELLULOSE, POLYETHYLENE GLYCOL), CROSCARMELLOSE SODIUM, AND SILICON DIOXIDE. CONTAINS: CRUSTACEAN SHELLFISH (LOBSTER, CRAB, AND SHRIMP). DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC., HOBART, IN 46342 Chromax® is a registered trademark of Nutrition 21, LLC

Suggested Use: Take 2 tablets daily, as a dietary supplement, or as directed by a physician.

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 a poison control center immediately.

***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 your protection this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com



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