



Vitamins for Hair

List No.: 156

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 50

Each Capsule Contains	% Daily Value
Niacin.....	35 mg..... 175%
Folic Acid	400 mcg..... 100%
Vitamin B12 (as Cyanocobalamin)	6 mcg..... 100%
Biotin.....	400 mcg..... 133%
Pantothenic Acid (as Calcium Pantothenate) ..	50 mg..... 500%
Iron (from Ferrous Fumarate)	18 mg..... 100%
Iodine (from Kelp)	150 mcg..... 100%
Zinc (from Zinc Sulfate)	15 mg..... 100%
Copper (from Copper Gluconate)	2 mg..... 100%
Manganese (from Manganese Gluconate).....	5 mg..... 250%
Choline Bitartrate	125 mg..... *
Inositol	125 mg..... *
PABA (Para-Aminobenzoic Acid).....	30 mg..... *

*Daily Value not established.

Other Ingredients: Gelatin, Stearic Acid, Magnesium Stearate, Silica.

Directions: As a dietary supplement, take one capsule daily, preferably with a meal.

This product is manufactured under strict quality control guidelines; therefore, purity and label potency are guaranteed.

PRESERVATIVE AND GLUTEN FREE. NO SUGAR, STARCH, ARTIFICIAL FLAVORS, WHEAT, YEAST OR CORN ADDED.

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.