

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

For More Information:
1-888-462-2548
GNC.com

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC
WOMEN'S

Ultra NourishHair™

BEAUTY BASICS

Supports strong, healthy hair*
1200 mcg of biotin



DIETARY SUPPLEMENT 120 CAPLETS/60-DAY SUPPLY

CODE 299628

DIRECTIONS: As a dietary supplement, take two caplets daily.

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Supplement Facts		Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Serving Size Two Caplets		Riboflavin (Vitamin B-2)	1.7 mg..... 131%	Zinc (as Zinc Oxide)	30 mg..... 273%
Servings Per Container 60		Niacin (as Niacinamide)	20 mg..... 125%	Copper (as Copper Gluconate)	2 mg..... 222%
Amount Per Serving	% Daily Value	Vitamin B-6	4 mg..... 235%		
		(as Pyridoxine Hydrochloride)		Boron (as Boron Citrate)	3 mg..... *
Calories	5	Folate	333 mcg DFE..... 83%	Silica (as Silicon Dioxide)	1 mg..... *
Total Carbohydrate	1 g..... <1%†	(200 mcg Folic Acid)		MSM (Methylsulfonylmethane)	500 mg..... *
Dietary Fiber	1 g..... 4%†	Vitamin B-12	6 mcg..... 250%	Natural Amino Complex	500 mg..... *
Vitamin A	300 mcg..... 33%	(as Cyanocobalamin)		(Lactalbumin)	
(100% as beta-Carotene)		Biotin	1200 mcg... 4000%	L-Cysteine	200 mg..... *
Vitamin C (as Ascorbic Acid)	60 mg..... 67%	Pantothenic Acid	20 mg..... 400%	L-Methionine	100 mg..... *
Vitamin E	24.8 mg..... 165%	(as Calcium d-Pantothenate)		Inositol	50 mcg..... *
(as Natural d-alpha Tocopheryl Succinate)		Choline (as Choline Bitartrate)	0.25 mg..... 0%	†Percent Daily Values are based on a 2,000 calorie diet.	
Thiamin (Vitamin B-1)	1.5 mg..... 125%	Iodine (as Potassium Iodide)	50 mcg..... 33%	*Daily Value not established.	
(as Thiamin Mononitrate)		Magnesium (as Magnesium Oxide)	40 mg..... 10%		

OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Crospovidone, Titanium Dioxide (Mineral Whitener), Stearic Acid, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Ethylcellulose, Carnauba Wax, Triacetin, Diacetylated Monoglycerides, Oleic Acid.

CONTAINS: Milk and Soybeans

No Starch, No Artificial Flavors, No Preservatives, No Wheat, Gluten Free, No Corn.

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. Inform your physician of this product's biotin content before any lab test. Niacin may cause a temporary flushing reaction.

*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.

Lot No./Best By:

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