

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

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

* 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.

GNC
WOMEN'S

Ultra NourishHair™

BEAUTY BASICS

Supports strong, healthy hair*
1200 mcg of biotin



DIETARY SUPPLEMENT

60 CAPLETS/30-DAY SUPPLY

CODE 299622

FUG

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories.....	5
Total Carbohydrate.....	1 g <1%
Dietary Fiber.....	1 g 4%†
Vitamin A.....	300 mcg 33% (100% as beta-Carotene)
Vitamin C (as Ascorbic Acid).....	60 mg 67%
Vitamin E.....	24.8 mg 165% (as Natural d-alpha Tocopheryl Succinate)
Thiamin (Vitamin B-1).....	1.5 mg 125% (as Thiamin Mononitrate)
Riboflavin (Vitamin B-2).....	1.7 mg 131%
Niacin (as Niacinamide).....	20 mg 125%
Vitamin B-6.....	4 mg 235% (as Pyridoxine Hydrochloride)
Folate.....	333 mcg DFE 83% (200 mcg Folic Acid)

Amount Per Serving	% Daily Value
Vitamin B-12 (as Cyanocobalamin).....	6 mcg 250%
Biotin.....	1200 mcg 4000%
Pantothenic Acid.....	20 mg 400% (as Calcium d-Pantothenate)
Choline (as Choline Bitartrate).....	0.25 mg 0%
Iodine (as Potassium Iodide).....	50 mcg 33%
Magnesium (as Magnesium Oxide).....	40 mg 10%
Zinc (as Zinc Oxide).....	30 mg 273%
Copper (as Copper Gluconate).....	2 mg 222%
Boron (as Boron Citrate).....	3 mg *
Silica (as Silicon Dioxide).....	1 mg *
MSM (Methylsulfonylmethane).....	500 mg *
Natural Amino Complex.....	500 mg * (Lactalbumin)
L-Cysteine.....	200 mg *
L-Methionine.....	100 mg *
Inositol.....	50 mcg *

†Percent Daily values based on a 2,000 calorie diet.
* Daily Value not established.

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.

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.

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

Lot No./Best By:

