

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

**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, 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: