

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.

FUG

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

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

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:

