

\* 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.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

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Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

**GNC**

# MEN'S Ultra NourishHair™

Dietary Supplement

**PREMIUM FORMULA FOR MEN**

- Supports the structural foundation of strong, healthy hair\*

**120 CAPLETS**  
**60-DAY SUPPLY**

CODE 338212

**DIRECTIONS:** As a dietary supplement, take two caplets daily. For maximum benefits, take as directed every day.

## Supplement Facts

Serving Size Two Caplets

Servings Per Container 60

| Amount Per Serving                     | % Daily Value        |
|--|----------------------|
| Vitamin A (100% as beta-Carotene) ...  | 300 mcg.....33%      |
| Vitamin C (as Ascorbic Acid) .....     | 30 mg.....33%        |
| Vitamin E (as Mixed Tocopherols) ..... | 6.7 mg.....45%       |
| Thiamin (Vitamin B-1) .....            | 1.5 mg.....125%      |
| (as Thiamin Mononitrate)               |                      |
| Riboflavin (Vitamin B-2) .....         | 1.7 mg.....131%      |
| Niacin (as Niacin & Niacinamide) ..... | 25 mg.....156%       |
| Vitamin B-6 .....                      | 2 mg.....118%        |
| (as Pyridoxine Hydrochloride)          |                      |
| Folate .....                           | 680 mcg DFE.....170% |
| (400 mcg Folic Acid)                   |                      |
| Vitamin B-12 (as Cyanocobalamin) ..... | 6 mcg.....250%       |
| Biotin .....                           | 2000 mcg.....6667%   |
| Pantothenic Acid .....                 | 50 mg.....1000%      |
| (as Calcium d-Pantothenate)            |                      |

| Amount Per Serving                      | % Daily Value  |
|---|----------------|
| Choline (as Choline Bitartrate).....    | 0.25 mg.....0% |
| Iodine (as Kelp) .....                  | 50 mcg.....33% |
| Magnesium (as Magnesium Gluconate)..... | 15 mg.....4%   |
| Zinc (as Zinc Gluconate) .....          | 15 mg.....136% |
| Copper (as Copper Gluconate) .....      | 1 mg.....111%  |
| L-Cysteine .....                        | 100 mg.....*   |
| Natural Amino Complex .....             | 50 mg.....*    |
| (Lactalbumin Hydrolysates)              |                |
| Hydrolyzed Gelatin .....                | 25 mg.....*    |
| Cayenne Pepper Fruit Powder .....       | 10 mg.....*    |
| (Capsicum spp.)                         |                |
| Silica (as Silicon Dioxide) .....       | 2 mg.....*     |
| Boron (as Boron Gluconate) .....        | 1 mg.....*     |
| Inositol .....                          | 50 mcg.....*   |

\* Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Stearic Acid, Dicalcium Phosphate, Croscarmellose Sodium, Titanium Dioxide (Mineral Whitener), Shellac, Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Carnauba Wax.

**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 Sugar, No Artificial Flavors, No Wheat, Gluten Free, No Corn.

