

# Hair Nutrition

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Thiamine (Yeast, Thiamine Mononitrate) .....	1 mg 67%
Riboflavin (Yeast, Riboflavin).....	1.25 mg 73%
Niacin (Yeast, Niacinamide) .....	2.5 mg 12.5%
Vitamin B <sub>6</sub> (Yeast, Pyridoxine HCl) .....	1.5 mg 75%
Folic Acid .....	400 mcg 100%
Biotin.....	1 mg 333%
Pantothenic Acid (Calcium Pantothenate)...	100 mg 1000%
Zinc (Zinc Citrate) .....	20 mg 133%
Selenium (Selenium Amino Acid Chelate) ...	70 mcg 100%
Choline (Choline Bitartrate) .....	100 mg †
Inositol .....	125 mg †
Methionine.....	50 mg †
Cysteine.....	50 mg †

† Daily Value Not Established.

Other Ingredients: Stearic Acid, Food Glaze, Dicalcium Phosphate, Mono- and Diglycerides, Ethylcellulose, Magnesium Stearate, Silicon Dioxide, Para-Aminobenzoic Acid.