

## Hair Supplement: Nutritional Information

1 capsule will typically provide:

\*% RDA

Thiamin	30mg	2727
Riboflavin	40mg	2857
Niacin	50mg	312
Vitamin B6	10mg	714
Folic Acid	400µg	200
Vitamin B12	5µg	200
Biotin	50µg	100
Pantothenic Acid	20µg	333

\* = Recommended daily allowance