

**MG MASON'S GUARANTEE**

This product has been manufactured and repackaged in strict conformance with industry and government standards.

Directions: Take two tablets daily as a dietary supplement.

Women who consume healthful diets with adequate folate (folic acid) may reduce their risk of having a child with birth defects of the brain or spinal cord.

**Warnings:** Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Folate intake should not exceed 250% of the DV (1,000 mcg).

**Keep Out of the Reach of Children.** Store in a dry, controlled room environment.

\*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.



**MASON** natural®

Multivitamin

Extra Strength

# Hair Formula

with Choline 1000mg PLUS Biotin & PABA



DIETARY SUPPLEMENT  
Provides Essential Nutrients for HEALTHY HAIR\*

**60 TABLETS**

**FOIL - TAMPER RESISTANT SEAL**  
If printed heat induced seal appears to be tampered with, do not use product.

**1227-60**

### Supplement Facts

Serving Size 2 Tablets			Servings Per Container 30		
	Amount Per Serving	%Daily Value		Amount Per Serving	%Daily Value
Niacin	70 mg	350%	Zinc (Gluconate)	30 mg	200%
Folic Acid	800 mcg	200%	Manganese (Gluconate)	10 mg	500%
Vitamin B-12	12 mcg	200%	Choline Bitartrate	1000 mg	**
Biotin	200 mcg	66%	Inositol	250 mg	**
Pantothenic Acid (d-calcium pantothenate)	200 mg	2000%	PABA (Para Amino Benzoic Acid)	60 mg	**
Iron (Gluconate)	4 mg	22%			**Daily Value not established.
Iodine (Kelp)	300 mcg	200%			

**Other Ingredients:** Microcrystalline cellulose, calcium sulfate, stearic acid, magnesium stearate, silica, pharmaceutical glaze, talc and brewer's yeast.

**ALLERGEN CERTIFICATION** This product is allergen FREE.

**GUARANTEED NO ADDED:** Sugar, Starch, Sodium, Soy, Corn, Wheat, Dairy, Gluten, Egg, Fragrance, Artificial Colors or Flavors and Preservatives.

Manufactured for: MASON VITAMINS INC., Miami Lakes, FL 33014 USA

Visit us at: [www.masonvitamins.com](http://www.masonvitamins.com)

LOT/EXP. DATE

