

# RESTRAND



Hair Growth Vitamins

30 Tablets

## Ingredients - Each Tablet Contains:

L-Cysteine 150mg, L-Methionine 150mg, Choline Bitartrate 150mg, Vitamin B5 (Pantothenic Acid) 100mg (1666% RDA), Vitamin C (Ascorbic Acid) 60mg (75% RDA), Vitamin B3 (Nicotinimide) 50mg (312.5% RDA), Inositol 50mg, PABA 30mg, Zinc 15mg (150% RDA), Vitamin E (Acetate 50%) 10mg (83% RDA), Manganese 5mg (250% RDA), Brewer's Yeast 5mg, Copper 2mg (200% RDA), Vitamin A 700mcg (87.5% RDA), Folic Acid 400mcg (200% RDA), Biotin 300mcg (600% RDA), Iodine 150mcg (100% RDA), Vitamin D3 10mcg (200% RDA), Vitamin B12 9mcg (360% RDA), Dicalcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate.

## Directions

Take one to two daily as a food supplement or as directed by a healthcare professional.

## General Information

If you are taking any prescription medication, you have a medical condition or you have specific concerns about the suitability of our products, always consult your GP or Pharmacist prior to taking supplements. Do not exceed stated dose. Store in a cool dry place. Keep away from children at all times. Do not use if seal is broken. Pregnant or lactating women should consult a Doctor before using this product. Suitable for vegetarians. Image is for illustration purposes only. Food supplement: This product should not be used as a substitute for a varied diet.

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[www.restrand.co.uk](http://www.restrand.co.uk)

**Batch No & Best Before:  
See Cap.**