

Biotin is a water soluble B vitamin found in foods such as oatmeal and assists in energy metabolism in cells.** Biotin is essential for the metabolism of carbohydrates, proteins and fats.** In addition, Biotin helps to support healthy skin, hair and nails.**

- **For healthy hair, skin & nails****
- **Supports cellular energy****

** 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.

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Lot#
Best if used by:

1704W01



BIOTIN

5 MG

High Potency

Supports Healthy Hair,
Skin & Nails**

60 VEGAN CAPSULES
DIETARY SUPPLEMENT



Suggested Usage: Take 1 capsule daily with a meal or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 1 Vegan Capsule
Servings Per Container 60

	Amount Per Serving	%Daily Value*
d-Biotin	5mg	1,667%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Dicalcium phosphate, rice flour, and cellulose capsule.

Contains **NO** added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten, or yeast ingredients.

Formulated by & Manufactured for: MRM
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