

Biotin is a water soluble B Vitamin that supports the formation of keratin, a building block for skin, hair and nails.* Biotin also supports energy metabolism.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR CORN
YES NON-GMO PROJECT VERIFIED	NO SOY OR MILK
YES CERTIFIED VEGAN BY THE AVA	NO SALT OR SUGAR
YES RECYCLABLE PACKAGING	NO PRESERVATIVES
YES MANUFACTURING SUPPORTS WIND POWER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES KOSHER-PARVE	NO MAGNESIUM STEARATE

Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.



Dietary Supplement **120** Vegan Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
Country Life

• HIGH POTENCY •

BIOTIN

5 mg

Certified Gluten-Free

• A vitamin supplement for healthy hair, scalp and nails*



Directions: Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving		% Daily Value
Biotin (as d-Biotin)	5,000 mcg (5 mg)	1,667%

Other Ingredients: Cellulose, cellulose (capsule shell).

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
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