

swanson.com
or call 1-800-437-4148

- Helps nourish hair, skin and nails
- Supports energy production
- Supports carbohydrate, protein and fat metabolism

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Biotin

Supports Healthy
Hair, Skin & Nails

5,000 mcg

VITAMIN SUPPLEMENT | 100 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Biotin	5,000 mcg	16,667%

Other ingredients: Rice flour, acacia gum, gelatin.

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