

swanson.com

or call 1-800-437-4148

- The beauty nutrient that nourishes hair, skin and nails
- Biotin is part of the B-vitamin complex that supports energy production

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two veggie capsules per day with water.

Orgen-Bio® is a registered trademark of Orgenetics, Inc.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or if you 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.



SWANSON®

Real Food Biotin

Nourishes Hair, Skin & Nails

5,000 mcg

FROM HUMMINGBIRD TREE

VITAMIN SUPPLEMENT | 90 VEGGIE CAPSULES

Supplement Facts

Serving Size 2 Veggie Capsules

Servings Per Container 45

Amount Per Serving		% Daily Value
Biotin	5,000 mcg	16,667%
[from Certified Organic Orgen-Bio® Sesbania Extract (Sesbania grandiflora) (leaf)]		

Other ingredients: Hypromellose (vegetable capsule), rice concentrate, rice extract blend.

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