



ACTUAL
SIZE

biotin

1,000 mcg

helps support healthy hair and skin*
helps support carbohydrate, protein
and fat metabolism*



100 TABLETS **DIETARY SUPPLEMENT**

*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.



Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet

% Daily Value

Biotin (as d-Biotin) 1000 mcg

333%

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose,
Magnesium Stearate, Silicon Dioxide, Croscarmellose Sodium.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar,
preservatives, soy, artificial color, artificial flavor.

GLUTEN FREE

Questions? Call 1-800-910-6874

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RESTORE

Biotin plays a role in hair and skin health.* In addition, biotin is essential for carbohydrate, protein and fat metabolism.*

Directions: Adults, take one tablet daily with the meal of your choice.

Caution: If you are pregnant or nursing a baby, or if you are taking any medication or have a medical condition, consult your doctor before taking this product.

Keep out of reach of children.

Store in a dry place
at room temperature
(59°F-86°F).

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