

SAFETY SEALED. DO NOT
USE IF PRINTED SEAL
UNDER CAP IS CUT,
TORN, OR MISSING.

*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.

exchange
select™

BIOTIN

10,000 mcg

WITH KERATIN 100 mg



WOMEN'S HEALTH*

- PROMOTES HEALTHY
HAIR, SKIN & NAILS*

60 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Biotin 10000 mcg	33333%
Keratin 100 mg	**

**Daily Value not established.

INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Keratin, Hydroxypropyl Methylcellulose. Contains 2% or less of biotin, croscarmellose sodium, crospovidone, magnesium stearate, polydextrose, polyethylene glycol, polyvinyl alcohol, silicon dioxide, talc, titanium dioxide (color).
May contain carnauba wax, stearic acid. **Contains: Fish (tilapia).**

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

Directions: Adults - Take one tablet daily with food as a dietary supplement.

Biotin is a water-soluble B vitamin that is involved in the metabolism of protein, fats, and carbohydrates. It also helps support healthy hair, skin and nails. Keratin helps support the structural integrity of hair, skin and nails.*

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

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NO ARTIFICIAL DYES OR FLAVORS
NO GLUTEN • NO LACTOSE

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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518500
USA646865