

Suggested Use: Take one (1) capsule daily with a meal or as directed by a health care professional.

Uso sugerido: Tomar una (1) capsula diariamente con una comida o como lo recomienda su profesional del cuidado de la salud.

Description: Biotin, also known as vitamin H is essential for the metabolism of fats and proteins and is necessary for healthy hair and nail growth. Bio Nutrition uses the finest quality Biotin in a synergistic blend with complex B vitamins and minerals formulated to promote healthy hair growth and texture.*

Descripción: Biotin tambien conocida como vitamina H es esencial para el metabolismo de las grasas y proteinas, tambien es necesario para un cabello saludable y el crecimien de las unas. Bio Nutrition usa la mejor calidad de Biotin en una mezcla sinergica con complejo B vitaminas y minerales disenados a promover un cabello saludable y grueso.*

*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.

UPC CODE
8-54936-00329-7

Bio
NUTRITION

Healthy Hair with Biotin 10,000 plus

Once Daily

60 Vegetarian capsules
Dietary Supplement

Supplement Facts

Serving Size: One (1) vegetarian capsule
Each serving supplies:

Amount Per Serving		%Daily Value
Biotin (Vitamin H)	10 mg	3,333%
B-1 (Thiamine)	5 mg	333%
B-2 (Riboflavin)	1 mg	58%
B-6 (pyridoxine)	2 mg	154%
B-12 (cobalamin)	25 mcg	417%
Zinc 9 (citrate)	15 mg	100%
Silica	50 mg	**

**Daily value not established
% Daily value based on 2,000 calorie diet

Additional ingredients: Vegetable Cellulose, Vegetable Stearate and Silica

**Free of wheat, gluten, dairy, corn, soy
and most common allergens**



Made in
USA



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