

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 per capsule

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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