

Doctor's Best Biotin provides a substantial dose of the B-complex vitamin biotin. Biotin is indispensable for the unique function of "biotinylation" that facilitates both energy and protein metabolism and healthy DNA activity. Clinical observations of biotin deficiency show its importance for the upkeep of healthy skin and hair, as well as for the immune and central nervous systems. Preliminary evidence also suggests that biotin can help promote healthy nail renewal.*

Helps support healthy hair, skin, and nails*

Helps support gene regulation and DNA integrity*

Helps support essential enzyme functions*

*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.



YDRB301-3

**Doctor's
BEST**

**Science-Based
Nutrition™**

Biotin

**HELPS SUPPORT HEALTHY HAIR,
SKIN, AND NAILS***



**Dietary
Supplement**

5000 mcg • 120 Veggie Caps



Supplement Facts

Serving Size 1 Veggie Capsule

Servings Per Container 120

	Amount Per Serving	% Daily Value
Biotin	5000 mcg	16670%

Other Ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 1 capsule daily, with or without food, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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