

swanson.com

or call 1-800-437-4148

- Provides key nutrients for hair, skin and nails
- High potency formula to boost energy levels

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel 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. Do not refrigerate.

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

Nourishes Hair, Skin and Nails

10,000 mcg per softgel HIGH POTENCY

VITAMIN SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Biotin	10,000 mcg	33,333%

Other ingredients: Sunflower oil, gelatin, glycerin, yellow beeswax, purified water, sunflower lecithin, annatto.

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