

Directions: Take 2 tablets with water 30 minutes before breakfast. Take 1-2 tablets in the afternoon 30 minutes before food.

## Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

| Amount Per Serving                      |         | %DV    |
|-----------------------------------------|---------|--------|
| Biotin                                  | 600 mcg | 2,000% |
| Alpha Lipoic Acid<br>(as Thioctic Acid) | 600 mg  | *      |

\*Daily Value (DV) not established.

**Other Ingredients:** Dicalcium Phosphate, Hypromellose, Stearic Acid, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

**NO:** Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives

**WARNING:** Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

**STORE IN A COOL, DRY PLACE.**  
**KEEP OUT OF REACH OF CHILDREN.**

†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.

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LOT/EXP:

## Beauty Begins from Within

Natrol® Minus-10® is a powerful cell-rejuvenating formula designed to improve skin health from the inside out with a combination of controlled-release Alpha Lipoic Acid (ALA) and Biotin.

“Beauty Begins from Within” isn’t just a catchphrase. The outward appearance of aging and skin damage actually spreads from the inside out. It all begins with the ravaging effects of free radicals. When the cells of the body are “attacked” by free radicals, they begin to die. Dead and damaged cells result in skin that looks and feels “aged.”

NATROL®

# Minus-10® BEAUTY

Antioxidant Protection to  
Help Fight Skin Aging†

Promotes Healthy Hair & Nails†

Supports Energy Metabolism†



120 TABLETS DIETARY SUPPLEMENT

## Ingredients for Improved Skin Health



ALA

**ALA** — Known as the “Universal Antioxidant,” ALA provides antioxidant protection for cells from oxidative damage related to aging & environmental stress†



BIOTIN

**Biotin** — B-Vitamin known to help improve the health of hair, skin and nails.

Four U.S. Patents with Clinically Tested  
Time-Released Alpha Lipoic Acid.

Minus-10® is a registered trademark of Medical Research Institute.  
U.S. PATENT NUMBERS: 6,181,362 (01); 6,397,340 (01); 6,572,886 (02);  
7,118,762 (02)