



Biotin

1000 mcg

SKIN & HAIR HEALTH*

DIETARY SUPPLEMENT

Actual Product
Size on Side Panel

100 TABLETS

Supports Healthy
Skin, Hair & Nails*

*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.

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Biotin 1,000 mcg (as d-Biotin)	333%

Other Ingredients: Calcium Carbonate, Cellulose (Plant Origin), Silica. **Contains <2% of:** Cellulose Coating, Croscarmellose, Vegetable Magnesium Stearate.

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V-19514



Biotin is essential for the metabolism of carbohydrates, proteins and fats.* In addition, Biotin helps to support strong nails and healthy hair and skin.*

Warning: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Vegetarian Formula

Coated for Easy Swallowing

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, salt.

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Actual
Size

#459961



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Prod. No. 58979
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