

Biotin is a water soluble B Vitamin that supports the formation of keratin, a building block for skin, hair and nails.\* Biotin also supports energy metabolism.\* Also available in 500, 5,000 and 10,000 mcg potencies.

\*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.

<b>YES</b> CERTIFIED GLUTEN-FREE BY GFCO.ORG	<b>NO</b> YEAST, WHEAT OR CORN
<b>YES</b> NON-GMO PROJECT VERIFIED	<b>NO</b> SUGAR, SOY OR MILK
<b>YES</b> CERTIFIED VEGAN BY THE AVA	<b>NO</b> PRESERVATIVES
<b>YES</b> RECYCLABLE PACKAGING	<b>NO</b> ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
<b>YES</b> MANUFACTURING SUPPORTS WIND POWER	
<b>YES</b> KOSHER-PARVE	
<b>YES</b> CERTIFIED HALAL BY IFANCA	

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



# BIOTIN

1 mg

Certified Gluten-Free

Supports healthy hair, skin and nails\*



Dietary Supplement 100 Tablets

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

**Directions:** Adults take one (1) tablet daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care and lab providers.

## Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Biotin (as d-Biotin)	1,000 mcg (1 mg)	3,333%

Other Ingredients: Cellulose, stearic acid, organic coating (tapioca maltodextrin, sunflower lecithin, palm oil, guar gum), silica, magnesium stearate.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC  
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CountryLifeVitamins.com  
Product No. 6503

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