



Biotin

1,000 mcg

DIETARY SUPPLEMENT

✓ Healthy Hair* ✓ Strong Nails* ✓ Energy Production*

250 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 250

	Amount Per Serving	% Daily Value
Biotin	1,000 mcg	3,333%
Calcium (from dicalcium phosphate)	26 mg	2%

Other Ingredients: Microcrystalline cellulose, stearic acid (veg.), croscarmellose sodium, silicon dioxide, magnesium stearate (veg.).

Directions: Adults: take one tablet daily.

POTENCY & QUALITY GUARANTEED

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Biotin, also known as vitamin B-7, is one of the eight important B complex vitamins. Biotin supports energy production; plays a role in many of our body's metabolic functions; and helps nourish healthy hair, skin, and nails.* Since biotin is not synthesized by the body, we must obtain it through our diet or a supplement. Color variations may occur.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

