

ACTUAL SIZE



Biotin

5000 mcg

skin and hair health*

DIETARY SUPPLEMENT
60 Capsules

*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 supports the metabolism of carbohydrates, fats and proteins for energy use.* This product is formulated to provide ample amounts of this essential nutrient for its benefits. Biotin also helps to support healthy skin and hair.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value
Biotin 5,000 mcg (5 mg)	1,667%
Calcium 222 mg	22%

INGREDIENTS: DICALCIUM PHOSPHATE, CALCIUM CARBONATE, GELATIN (BOVINE), SILICA, VEGETABLE MAGNESIUM STEARATE, d-BIOTIN.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

Gluten Free

SUGGESTED USE: Take one (1) capsule daily with a full glass of water, preferably after a meal. **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. **KEEP OUT OF REACH OF CHILDREN.** STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

USE BY:

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