

If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

This unique formula provides biotin, zinc, and vitamin C, to help support healthy hair, skin, and nails.*

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy products, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com



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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Biotin Forte®

3 mg Biotin with Zinc

Maintains healthy hair, skin, and nails*
Supports muscle tissue*

Hair and Skin Health*

60 TABLETS • DIETARY SUPPLEMENT

Recommendation: Adults take 1 tablet daily. Do not exceed recommended dosage.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% DV
Vitamin C (ascorbic acid)	200 mg	222%
Thiamin (vitamin B1)	10 mg	833%
Riboflavin (vitamin B2)	10 mg	769%
Niacin (as niacinamide)	40 mg	250%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%
Folate	800 mcg DFE (480 mcg folic acid)	200%
Vitamin B12 (as cyanocobalamin)	10 mcg	417%
Biotin	3 mg	10,000%
Pantothenic Acid (as calcium D-pantothenate)	10 mg	200%
Zinc (as zinc sulfate)	30 mg	273%

Daily Value (DV).

Other ingredients: cellulose, sodium croscarmellose, magnesium stearate, silica, hypromellose, glycerin