

NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✓ Energy Support\*
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

B Vitamins support energy by converting food into energy.\*

No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

 Nutrition Questions or Comments?  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET

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[NaturesBountyRewards.com](http://NaturesBountyRewards.com)

Prod. No. 29619 B29618 06D

\*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.



NATURE'S BOUNTY®

# Biotin

## 5000mcg

Supports Healthy  
Hair, Skin & Nails\*

150 Rapid Release Softgels

VITAMIN  
SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) softgel daily, preferably with a meal.

### Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Biotin (as d-Biotin)	5,000 mcg	16,667%

**Other Ingredients:** Soybean Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax, Titanium Dioxide Color.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

 **Made In The USA** with select ingredients from around the world

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