

**Supports Healthy
Hair, Skin and Nails***



biotin

**10,000 mcg
with Keratin 100 mg**

• **Helps maintain & support
immune health***

• **Biotin promotes protein
metabolism & cell energy
production***

• **Keratin is a structural
protein that supports
healthy hair, skin
& nails***



actual size

**250
Capsules**

dietary
supplement

**Health
Benefits**



Women's*



Immunity*

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin C 60 mg	100%
Biotin 10000 mcg	3333%
Zinc 9 mg	60%
Keratin 100 mg	**

**Daily Value not established.

INGREDIENTS: Keratin, Dicalcium Phosphate, Zinc Gluconate, Ascorbic Acid, Pullulan, Biotin. Contains 2% or less of carrageenan, gellan gum, magnesium stearate, potassium chloride, purified water, silicon dioxide, xanthan gum. **Contains: Fish (tilapia).**

May contain hydroxypropyl methylcellulose.

Suggested Use: Adults – One capsule daily with food as a dietary supplement.

Keep out of the reach of children. Store at 15° - 30°C (59° - 86°F).

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

Nutrition Information: Biotin is a water-soluble B vitamin that is involved in the metabolism of protein, fats and carbohydrates. Biotin also plays a role in glucose utilization, energy production and nervous system health. It also supports the development of healthy hair, skin and nails.*

Keratin is a very tough structural protein that supports healthy hair, skin and nails.*

Vitamin C, an antioxidant, helps protect the body's cells from potential damage and supports the immune system. It is important for the structure of bones, muscles, and blood vessels, as well as the health of teeth and gums.*

Zinc is an essential mineral that helps support a healthy immune system. Its antioxidant properties help protect cells from the damaging effects of free radicals.*

Safety-sealed. Do not use if printed seal under cap is cut, torn, or missing.

NO ARTIFICIAL COLORS OR FLAVORS • NO SUGAR • NO GLUTEN • NO LACTOSE

***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.**

DISTRIBUTED BY:
SAM'S WEST, INC.
BENTONVILLE, AR 72716

**GLUTEN
FREE**