



Carlson®

# Biotin

## 5,000 mcg

DIETARY SUPPLEMENT

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

50 Capsules

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 50

	Amount Per Serving	% Daily Value
Biotin	5,000 mcg	16,667%

Other Ingredients: Microcrystalline cellulose, beef gelatin capsule, magnesium stearate (veg.), silicon dioxide.

**Directions:** Adults: take one capsule daily.

### POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.  
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Biotin, also known as vitamin B-7, is one of the eight important B complex vitamins. Biotin plays an important role in many of our body's metabolic functions, including supporting energy production, 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.

- ✓ 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.



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