



**Suggested Use:** As a dietary supplement, take 3 tablets daily. **FOR DAILY USE.**

## Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

| Amount Per Serving                              | % Daily Value |         |
|-------------------------------------------------|---------------|---------|
| Calories                                        | 10            |         |
| Protein                                         | 2 g           |         |
| Biotin                                          | 5000 mcg      | 16,667% |
| Sodium                                          | 10 mg         | <1%     |
| <b>BCP Skin &amp; Nails Optimization Matrix</b> | 2.6 g         | †       |
| VERISOL® Collagen Peptides (Bovine),            |               |         |
| Rutin, Hesperidin, Quercetin                    |               |         |
| (as Quercetin Dihydrate), Naringin.             |               |         |

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, vegetable stearate, silicon dioxide, pharmaceutical glaze (food grade lac resin, povidone).

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