

NEXT CENTURY NUTRITION™



Suggested use:
Adults, take one (1) tablet daily preferably with food and drink.

- Biotin boosts the health of the hair & nails*
- Helps the body convert food into energy*
- Supports a number of enzymes involved in the breakdown of carbs, fats & protein*

FREEDA®

SINCE  1928

Biotin

10 mg (10,000 mcg)

HAIR • SKIN • NAILS



Helps convert food into energy*

250 TABLETS

BIOTIN SUPPLEMENT

Supplement Facts

Serving Size: 1 Tiny Tablet

	Amount Per Tablet	% Daily Value
d-Biotin	10,000 mcg	33,333%

VEGAN 

- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

Questions? Comments?

Please contact us at 1-800-777-3737

Manufactured for:

Freeda Health / Brooklyn, NY 11210

www.freedahealth.com



KOSHER PAREVE



ITEM 0293-2

Other ingredients: Microcrystalline cellulose, calcium phosphate, vegetable magnesium stearate, silica, croscarmellose sodium, stearic acid.

Keep out of reach of children. Store in a cool, dry place. Do not expose to excessive heat or moisture. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care practitioner prior to using this product.

*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.