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SPRING



VALLEY®

Biotin

5000 mcg per softgel

SKIN/HAIR/NAIL HEALTH*

Dietary Supplement **120 SOFTGELS**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Biotin	5 mg (5,000 mcg)	1,667%
(as d-Biotin)		

OTHER INGREDIENTS: Soybean Oil, Gelatin, Glycerin, Yellow Beeswax, Titanium Dioxide Color.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Artificial Flavors, No Sodium (less than 5 mg per serving)

Biotin helps promote the health of skin, hair and nails by nourishing cells throughout the body. Biotin is a water-soluble B Vitamin that assists protein and fat metabolism for energy use.*

*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.

SUGGESTED USE: Adults, take one softgel one to two times daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN. Store at room temperature. Keep bottle tightly closed.

FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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Questions or comments? 1-866-251-1662



Product under strict quality control
Produced by an independent
lab and found to contain 5000 mcg of Biotin per softgel

Item No. 29623
82061MW 016

FRESHNESS AND POTENCY GUARANTEED THROUGH: