SUGGESTED USE: Take one capsule first thing upon waking up in the morning, and one capsule with lunch. If you are sensitive to caffeine, try taking with a small amount of food and do not take within 6 hours of bedtime. FOR ADULT USE ONLY.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.











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ARTIFICIAL INGREDIENTS ADDITIVES - CHEMICALS OR PRESERVATIVES

10,000 MCG OF BIOTIN NOURISHES SKIN, HAIR & NAILS

60 Capsules

Dietary Supplement

SUPPLEMENT FACTS

Serving Size: 2 Capsules Servings Per Container: 30

	Amount per Serving	%DV
Biotin (As D-Biotin)	10,000mcg	3,33
Hydrolyzed Keratin	200mg	**

**Daily Value not established

†Daily Value established in 2,000 calories per day

Other Ingredients: Microcrystalline Cellulose, Vegetable Magnesium Stearate, and Gelatin



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