

Biotin is an important B-vitamin that helps in providing dietary support for healthy hair and nails, and also helps in energy production. Biotin is an important component of enzymes in the body and helps to break down certain substances like fats, carbohydrates, and others.† Certain research publications indicate that Biotin may help support the following:

- Supports healthy hair, scalp, skin & nails.†
- Supports cellular energy production.†
- Supports amino acid metabolism.†
- Supports immune health.†
- Supports carbohydrate, protein & fat metabolism.†

**SUGGESTED USE:** As a dietary supplement, take one capsule one to two times daily, preferably with meals or as directed by your qualified health care professional.

**Keep out of the reach of children.**

**Do not use if safety seal is broken or missing.**

**Keep in 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.



**MADE IN USA**



**Best Naturals®**

# Biotin

**Premium Formula**

**5,000 mcg**

**3rd Party Lab Tested**

**180 CAPSULES**

**DIETARY SUPPLEMENT**



## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 180

	Amount Per Serving	%Daily Value
Biotin	5,000 mcg (5 mg)	16,667%
Calcium (As Calcium Carbonate and calcium Phosphate)	222 mg	17%

**Other Ingredients:** Capsule (bovine gelatin), Magnesium Stearate (vegetable source), Silicon Dioxide.

**CAUTION:** For adults only, 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.

*No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.*

Manufactured for Best Naturals,  
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For additional information call 1-877-659-6004

Lot#

Exp#

