

Suggested Use: Take 1 capsule a day, with or without food. Do not exceed suggested use without consulting a Healthcare Practitioner.

Formulated Without: GMOs, Gluten or Soy.

Warnings: KEEP OUT OF REACH OF CHILDREN. The Recommended Dietary Allowance (RDA) for Biotin may vary based on your age, gender, or individual health and wellness needs. It is recommended to consult with a qualified Healthcare Practitioner to determine your specific needs before using a high dose of Biotin especially if you are pregnant, nursing, have diagnosed medical conditions, or taking prescription medications.

Sealed for your protection, do not use if seal is missing or broken. Store in a cool, dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



LAKE AVENUE™
NUTRITION

Biotin
5,000 mcg

**Supports Healthy
Hair, Skin & Nails***

**Dietary
Supplement**

120 Veggie Capsules

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 120

	Amount Per Serving	%Daily Value
Biotin	5,000 mcg	16,667%

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Cellulose (Capsule), Rice Extract, Rice Hulls, Gum Arabic, and Sunflower Oil.

Not manufactured with milk, egg, fish, shellfish, peanuts, tree nuts, wheat, soy, or gluten. Produced in a third-party cGMP facility that may process other products that contain these allergens or ingredients.

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