

IMPORTANT FACTS YOU SHOULD KNOW

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

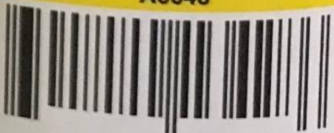
KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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*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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SUPER POTENCY

Biotin

5000 mcg

Skin/Hair/Nail Support*

90 Capsules
Dietary Supplement



DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPSULE DAILY, PREFERABLY WITH A MEAL.

As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Biotin (as d-Biotin)	5,000 mcg	16,667%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	222 mg	17%

Other Ingredients: Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor.