

IMPORTANT FACTS YOU SHOULD KNOW

Biotin is an essential B vitamin that is involved in the intermediate metabolism of carbohydrates.* Biotin also assists in protein and fat metabolism and supports healthy skin, hair and nails.*

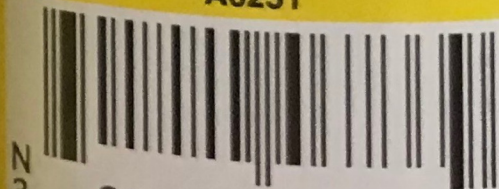
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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 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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ACTUAL
SIZE

Prod. No.
46733
06D B7961
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60 Coated Tablets
Dietary Supplement



Biotin

1000 mcg

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



DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET UP TO TWO TIMES DAILY, PREFERABLY WITH MEALS. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Biotin (as d-Biotin)	1,000 mcg	3,333%

Other Ingredients: Calcium Carbonate, Cellulose (Plant Origin), Silica. **Contains 2% of:** Cellulose Coating, Croscarmellose, 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.

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