

Suggested Use: Take 1 capsule daily 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.

† NOTE: Biotin supplementation may help support Healthy Hair, Skin & Nails in individuals who are Biotin deficient.

*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.



Biotin

5,000 mcg

Supports Healthy Hair, Skin and Nails*†



LAKE AVENUE[®]
NUTRITION

Dietary Supplement 30 Veggie Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

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

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

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

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Manufactured for: Madre Labs, LLC
301 N. Lake Ave., Ste. 500, Pasadena, CA 91101
Contact email: info@LakeAvenueNutrition.com
LakeAvenueNutrition.com
LREV0821bio30 lkn1676

