1000 mcg

Vegetarian Formula

Carbohydrate,

Protein and Fat Metabolism

Dietary Supplement **100** EASY TO SWALLOW COATED TABLETS

Supplement Facts

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

Other Ingredients: Dicalcium Phosphate, Cellulose (Plant Origin). Vegetable Stearic Acid, Cellulose Coating, Vegetable Magnesium Stearate

WARNING: Pregnant or lactating women should consult a doctor before using any product. Avoid this product if you have a history of kidney stones. Consult doctor before use if you are taking any medications or remedies. Discontinue use and consult your doctor if any adverse reactions occur NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.

ACTUAL

Found in foods such as oatmeal and soy, Biotin, a water soluble B vitamin. assists in energy metabolism in cells.* Biotin is essential for the intermediate metabolism of carbohydrates, proteins and fats.* In addition. Biotin helps to support healthy skin and hair.*

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers. Vegetarian Formula

*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.

HEAT, TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN.

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