

50 YEARS OF TRUSTED QUALITY


At Nature's Bounty, we are committed to your health. For 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

Energy Support*

Guaranteed Quality

Laboratory Tested

B Vitamins support energy by converting food into energy.*

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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Prod. No. 81697 B51463 04D

*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.

Distributed by NATURE'S BOUNTY (NY), INC.
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NATURE'S BOUNTY®

Biotin

10,000 mcg

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

120 Rapid Release Softgels

VITAMIN
SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Biotin (as d-Biotin)	10,000 mcg	33,333%

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax, Titanium Dioxide Color.

Non-GMO, No Artificial Flavor, No Artificial Sweetener, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

★ **Made In The USA** with select ingredients from around the world

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