

Biotin, also known as vitamin B-7, is one of the eight important B complex vitamins. Biotin plays an important role in many of our body's metabolic functions, including supporting energy production, and helps nourish healthy hair, skin, and nails.* Since biotin is not synthesized by the body, we must obtain it through our diet or a supplement.

✓ **Gluten-free**

✓ **No Artificial Preservatives**

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



2491-1c

Carlson

Biotin

5,000 mcg

DIETARY SUPPLEMENT

✓ **Healthy Hair*** ✓ **Strong Nails*** ✓ **Energy Production***

50 Capsules | 50 Servings

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 50

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

Other Ingredients: Microcrystalline cellulose, beef gelatin capsule, magnesium stearate (veg.), silicon dioxide.

Directions: Adults: take one capsule daily.

POTENCY & QUALITY GUARANTEED

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