

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

- **For Healthy Hair, Skin & Nails****
- **Supports Cellular Energy****

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

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Lot#
Best if used by:



Biotin *5mg*

High Potency

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

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

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Suggested Usage: Take 1 capsule daily with a meal or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount Per Serving		%Daily Value*
d-Biotin	5mg	1,667%

*Percent Daily Values based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Rice flour. Capsule is made of plant cellulose.

Contains **NO** milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten, or yeast.

Formulated by & Manufactured for:
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