

Biotin is an essential nutrient to help restore radiant, healthy hair and skin while building strong nails.* Vegetarian Formula.

RECOMMENDATIONS: Adults: One tablet once or twice daily.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

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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 Forte®

3 mg with Zinc

- Maintains healthy hair, skin, and nails*
- Supports muscle tissue*

60 TABLETS

DIETARY SUPPLEMENT

HAIR AND SKIN HEALTH

Supplement Facts

Serving Size 1 tablet

Amount per tablet	%DV**	
Vitamin C (ascorbic acid)	200 mg	333%
Thiamin (as thiamin HCl) (vitamin B1)	10 mg	667%
Riboflavin (vitamin B2)	10 mg	588%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,250%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	10 mcg	167%
Biotin	3 mg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	10 mg	100%
Zinc (as zinc sulfate)	30 mg	200%

**Daily Values (DV).

Other ingredients: cellulose, modified cellulose gum, magnesium stearate, silicon dioxide, modified cellulose, soy lecithin, and carnauba wax.