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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule daily with meals,
or as recommended by a healthcare practitioner.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.



Q00102D

LifeExtension®

Biotin

600 mcg



**Essential Nutrient for
Healthy Hair and Nails**

Dietary
Supplement

100 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Biotin	600 mcg	200%

Other ingredients: rice flour, gelatin, vegetable stearate.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, Florida 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

Store tightly closed in a cool, dry place.