

Biotin is a water soluble B Vitamin that supports the formation of keratin, a building block for skin, hair and nails.* Biotin also supports energy metabolism.* Also available in 1000, 5000, and 10,000 mcg potencies.

***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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES NON-GMO PROJECT VERIFIED

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS
WIND POWER

YES KOSHER-PARVE

Lot No:

NO YEAST, WHEAT OR CORN

NO SUGAR, SOY OR MILK

NO PRESERVATIVES

NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS

This product
has been
manufactured
at a GMP
Registered
facility.

Best by:



Dietary
Supplement

100 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
**Country
Life**

BIOTIN

500 mcg

Certified Gluten-Free

Supports healthy hair,
skin and nails*



Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Biotin (as d-Biotin)	500 mcg (0.5 mg) 167%

Other Ingredients: Cellulose, stearic acid, silica, magnesium stearate, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum).

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken.

Store between 59°-86° F.

Keep out of the reach of children.

Manufactured by Country Life, LLC
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