

Biotin provides a substantial dose of the B-complex vitamin biotin, indispensable for the unique function of "biotinylation" that facilitates both energy and protein metabolism and healthy DNA activity. Clinical observations of biotin deficiency show its importance for the upkeep of healthy skin and hair, as well as for the immune and central nervous systems. Preliminary evidence also suggests that biotin can promote healthy nail renewal.*

Helps promote healthy hair, skin, and nails*
Helps support gene regulation & DNA integrity*
Helps support essential enzyme functions*

*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.



YDRB301-2



Dietary
Supplement

Doctor's
BEST®

**Science-Based
Nutrition™**

Biotin

**HELPS PROMOTE HEALTHY HAIR,
SKIN, AND NAILS***



5000 mcg / 120 Veggie Caps

Supplement Facts

Serving Size 1 capsule

Servings per container 120 servings

Amount per serving % Daily Value		
Biotin	5000 mcg	1,667%

Other Ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 1 capsule daily, with or without food, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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