

H-E-BHigh Potency
Biotin**1,000 mcg****VITAMIN SUPPLEMENT****SUPPORTS HEALTHY SKIN,
HAIR & NAILS*****150 TABLETS**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Biotin (as d-Biotin)	1,000 mcg	333%

OTHER INGREDIENTS: CALCIUM CARBONATE, CELLULOSE (PLANT ORIGIN), SILICA, **CONTAINS <2% OF:** CELLULOSE COATING, CROSCARMELLOSE, VEGETABLE MAGNESIUM STEARATE.

Gluten Free

Found in foods such as oatmeal and soy, Biotin, a water soluble B vitamin, assists in energy metabolism in cells.* Biotin is essential for the intermediate metabolism of carbohydrates and proteins.* Biotin also helps to support healthy skin and hair.*

*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.

SUGGESTED USE: FOR ADULTS, TAKE ONE (1) TABLET ONE TO TWO TIMES DAILY, PREFERABLY WITH MEALS.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN

Store at room temperature (59°-86° F).

Questions or comments?**1-800-432-3113**

**MADE WITH PRIDE AND CARE FOR H-E-B®,
SAN ANTONIO, TEXAS 78204
1601**

100%
GUARANTEE
promise

If you aren't completely pleased with this product, we'll be happy to replace it or refund your money. You have our word on it.

**ACTUAL
SIZE**

Prod No. 11121 B7961 01B

Freshness and potency
guaranteed through:

0 41220 81830 3