



Biotin

1000mcg

DIETARY SUPPLEMENT

SUPPORTS HEALTHY
HAIR, SKIN & NAILS*

100 COATED 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 LESS THAN 2% OF: CELLULOSE COATING, CROSCARMELLOSE, VEGETABLE MAGNESIUM STEARATE.

Trans Fat 0g

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

FREE OF: yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

Keep out of reach of children. Store at room temperature 15°-30° C (59°-86° F), tightly closed. Safety Sealed. Do Not Use If Seal Under Cap Is Cut, Torn or Missing.

Biotin is essential for the metabolism of carbohydrates, proteins and fats.* In addition, Biotin helps to support strong nails and healthy hair and skin.*

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

*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.

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QUALITY GUARANTEE

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Actual size
of tablet