

**Biotin**, part of the vitamin B family, is known for its ability to promote healthy skin, hair, and nails, as well as its role in energy production. Like the other B vitamins, biotin is a water-soluble nutrient, requiring daily replenishment.†

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0008

† 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.

# BIOTIN

## 500 mcg

Promotes Healthy Skin, Hair,  
and Nails†

Dietary Supplement

30 CAPSULES



### Supplement Facts

Serving Size 1 Capsule    Servings Per Container 30

Amount Per Serving	% Daily Value	
Biotin	500 mcg	167%

Other Ingredients: Capsule (gelatin), cellulose, silicon dioxide, and magnesium stearate.

**SUGGESTED USE:** Take one capsule daily with food.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

**KEEP OUT OF REACH OF CHILDREN.**

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