

H-E-B

Hair, Skin & Nails

DIETARY SUPPLEMENT

3000 mcg OF BIOTIN PER SERVING
KEY INGREDIENTS INCLUDING
ANTIOXIDANTS VITAMINS C & E

120 CAPLETS

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Palmitate)	1,500 mcg 167%	Calcium (as Dicalcium Phosphate and Calcium Carbonate)	200 mg 15%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Phosphorus (as Dicalcium Phosphate)	90 mg 7%
Vitamin D (as D3 Cholecalciferol)	25 mcg 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	6.7 mg 45%	Zinc (as Zinc Gluconate)	7.5 mg 68%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 417%	Manganese (as Manganese Gluconate)	2 mg 87%
Riboflavin (Vitamin B-2)	2 mg 154%	PABA (Para-Aminobenzoic Acid)	10 mg *
Niacin (as Niacinamide)	25 mg 156%	Choline Bitartrate	10 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 294%	Inositol	30 mg *
Folate 333 mcg DFE (200 mcg folic acid)	83%	Citrus Bioflavonoid / Rutin Complex	38 mg *
Vitamin B-12 (as Cyanocobalamin)	8 mcg 333%	Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg *
Biotin (as d-Biotin)	3,000 mcg 10,000%	Collagen (Hydrolyzed Gelatin)	50 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%		

*Daily Value not established.

OTHER INGREDIENTS: CELLULOSE (PLANT ORIGIN), CONTAINS <2% OF: CELLULOSE COATING, CROSCARMELLOSE, GELATIN, MANNITOL, NATURAL PALM LEAF GLAZE, SILICA, VEGETABLE MAGNESIUM STEARATE.

CONTAINS: FISH (COD, CUSK, FLOUNDER, HADDOCK, HAKE, POLLOCK, REDFISH, SOLE)**Gluten Free**

SUGGESTED USE: FOR ADULTS, TAKE THREE (3) CAPLETS DAILY, PREFERABLY WITH A MEAL.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN

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

H-E-B

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.

**MADE WITH PRIDE
AND CARE FOR H-E-B®,
SAN ANTONIO, TEXAS 78204
6445-1611**

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

Prod No. 7996 B52181 06D

Freshness and potency
guaranteed through:

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