

Beauty Starts on the Inside™

At Nature's Bounty, we believe health and beauty go hand in hand. With nearly 50 years of making quality vitamins and more than 20 years in the beauty business, you can trust that every Nature's Bounty® product is backed by science, and made with the purest ingredients...guaranteed. Beauty Starts on the Inside™

- ✔ Guaranteed Quality
- ✔ Laboratory Tested

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

Nutrition Questions or Comments? Call 1-800-433-2990 Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at NaturesBountyRewards.com

*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.

Prod. No. 58865 B51463 01B



OPTIMAL SOLUTIONS®

BIOTIN

10,000 mcg

HEALTH & BEAUTY

Supports Healthy Hair, Skin & Nails*
Energy Support*

90 Rapid Release Liquid Softgels DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts		
Serving Size 1 Softgel		
Amount Per Serving	%Daily Value	
Biotin	10,000 mcg	33,333%
(as d-Biotin)		

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Yellow Beeswax, Titanium Dioxide Color.

WARNING: If you are pregnant, nursing, taking any medications 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

★ Made In The USA with select ingredients from around the world

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Supports Healthy Hair, Skin & Nails*
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90 Rapid Release Liquid Softgels DIETARY SUPPLEMENT

SUPPORTS HEALTHY HAIR, SKIN AND NAILS*

Nature's Bounty® Optimal Solutions® Biotin 10,000 mcg can become part of any beauty regimen to help you feel beautiful. Biotin helps to support hair, skin and nail health so you can look and feel your best.* Biotin, a B-Vitamin, aids in converting food into energy to help you take on the day! Being healthy can make you feel radiant and beautiful both inside and out.

- ✔ Lustrous Hair
- ✔ Vibrant Skin
- ✔ Healthy Nails

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