



**Suggested usage:** 1 capsule per day or as directed by a health professional.

**Cautions:** As with any supplement, consult your health professional before use if you are pregnant, breastfeeding or trying to conceive, or if you are taking medication, have a medical condition or anticipate a surgery. Keep out of the reach of children.

Biotin (vitamin B7) is a water-soluble vitamin that plays a vital part in healthy metabolism and helps create important enzymes. It helps the body break down fats, carbohydrates, and proteins.\* Biotin is often used to increase the health of skin, hair, and nails.\*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

*Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT OF CANADA

Manufactured by Natural Factors Canada  
Distributed by NATURAL FACTORS  
14224 167th Avenue SE  
Monroe, WA 98272



Recyclable container and label.

# natural Factors®

# Biotin

## 1000 mcg

### 90 Vegetarian Capsules

## PROMOTES HEALTHY SKIN & NAILS\*

## Supplement Facts

Serving Size 1 Capsule

|                               | Amount Per Serving | % Daily Value |
|-------------------------------|--------------------|---------------|
| Biotin                        | 1000 mcg           | 333%          |
| Calcium (dicalcium phosphate) | 25 mg              | 3%            |

Other ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum [cellulose], purified water), magnesium stearate (vegetable grade).

LOT & EXPIRY 1.3125" x .25" Single Line

