

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™

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, 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

Prod. No. 53804 B54858 02D

*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.



NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

QUICK DISSOLVE

BIOTIN
10,000 mcg

HEALTH & BEAUTY



Supports Healthy Hair, Skin & Nails*

Strawberry Flavored

60 Quick Dissolve Tablets DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Biotin (as d-Biotin)	10,000 mcg 33,333%

Other Ingredients: Mannitol, Croscopvidone, Vegetable Stearic Acid, Natural Flavors. Contains <2% of: Sucralose, Vegetable Magnesium Stearate.

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

Carefully Manufactured by NATURE'S BOUNTY, INC., Bohemia, NY 11716 U.S.A. ©2017 Nature's Bounty, Inc.

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60 Quick Dissolve Tablets DIETARY SUPPLEMENT



SUPPORTS
HEALTHY HAIR,
SKIN & NAILS*



Being healthy can make you feel radiant and beautiful both inside and out. Nature's Bounty Optimal Solutions® Quick Dissolve Biotin 10,000 mcg contains

- ✔ Natural Strawberry Flavor
- ✔ No Colors Added

Biotin to help support hair, skin and nail health.* Biotin, a B-Vitamin, also provides energy support by converting food to energy.* Optimal Solutions® Quick Dissolve Biotin 10,000 mcg comes in great tasting, naturally flavored strawberry tablets. It's an ideal part of any beauty regimen, to help you feel beautiful and ready to take on the day!

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