

Biotin is a water soluble B Vitamin that supports the formation of keratin, a building block for skin, hair and nails. * Biotin also supports energy metabolism.*

* 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.

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	YEAST, WHEAT OR CORN
YES	NON-GMO PROJECT VERIFIED	NO	SOY OR MILK
YES	CERTIFIED VEGAN BY THE AVA	NO	SALT OR SUGAR
YES	RECYCLABLE PACKAGING	NO	PRESERVATIVES
YES	MANUFACTURING SUPPORTS WIND POWER	NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES	KOSHER-PARVE	NO	MAGNESIUM STEARATE

Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.



• HIGH POTENCY •

BIOTIN

5 mg

Certified Gluten-Free

► A vitamin supplement for healthy hair, scalp and nails*



Dietary Supplement | **120** Vegan Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	
Biotin (as d-Biotin)	5,000 mcg (5 mg)	1,667%

Other Ingredients: Cellulose, cellulose (capsule shell).

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken.
Store in a dry place between 59°-86° F.
Keep out of the reach of children.

Exclusive packaging for iHerb.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 6506PL