

SAFETY SEALED. DO NOT USE IF  
PRINTED SEAL UNDER CAP IS  
CUT, TORN, OR MISSING.

exchange  
select™

# BIOTIN 5000 mcg



WOMEN'S HEALTH\*

• PROMOTES HEALTHY  
HAIR, SKIN & NAILS\*

120 TABLETS  
DIETARY SUPPLEMENT

quality  
value

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Biotin 5000 mcg .....	1667%
Calcium 66 mg .....	7%

**INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Biotin, Silicon Dioxide, Magnesium Stearate, Hydroxypropyl Methylcellulose, Polyethylene Glycol.

**Directions:** Adults - Take one tablet daily with food as a dietary supplement.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL COLORS OR FLAVORS  
NO GLUTEN • NO LACTOSE • NO TRANS FAT

Biotin is a water-soluble B vitamin that is involved in the metabolism of protein, fats, and carbohydrates. It also helps support healthy hair, skin and nails.\*

**Warning:** Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

\*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.

**"SATISFACTION GUARANTEED  
OR YOUR MONEY BACK."**

Manufactured for:  
Your Military Exchanges By:  
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FRESHNESS AND POTENCY GUARANTEED THROUGH:

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