Supplement

Serving Size 2 Capsules

Amount Per Serving	% Dail	y Valu
Biotin	1000 mcg	333%
Ashwagandha extract (roots) [Standardized for 1.5% total v		† 3.75 mg)
Fo-ti powder (root)	500 mg	†
Inositol	500 ma	+

OTHER INGREDIENTS: GELATIN CAPSULE, RICE FLOUR. MAGNESIUM STEARATE. DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342 Suggested Use: Take 2 capsules 1 to 2 times daily. as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION, THIS PRODUCT IS NOT INTENDED TO DIAGNOSE. TREAT. CURE OR PREVENT ANY DISEASE.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.) Best if used by date on bottle. Store in a dry, cool place. KEEP OUT OF REACH OF CHILDREN Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

