



**vitamin**  
**100** capsules  
dietary supplement

**biotin**

**300mcg**

nutrient  
metabolism<sup>v</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Biotin	300 mcg	1000%

**Other ingredients:** Rice flour, gelatin, silicon dioxide, magnesium stearate.

**Does not contain:** Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

**v** 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.

**DIRECTIONS:** As a dietary supplement, take one (1) capsule daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

**Distributed by: Vitamin Shoppe, Inc.**  
Secaucus, NJ 07094  
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Item No. VS-1168

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