

**Biotin** is an essential B vitamin that plays a role in supporting healthy hair, skin and nails.<sup>†</sup> It's a water soluble vitamin that is not stored in the body and must be replaced. Biotin acts as a coenzyme in the body to help metabolize fatty acids, amino acids and glucose.<sup>†</sup>

<sup>†</sup>These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Warnings:** Pregnant or lactating women and people with known medical conditions and/or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

Item #13981



Manufactured for Nature's Lab  
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GELATIN  
CAPSULES



Nature's Lab™

# BIOTIN

## 5000 MCG PER SERVING

SUPPORTS HAIR, SKIN & NAIL HEALTH<sup>†</sup>



120 EASY-TO-SWALLOW CAPSULES

D I E T A R Y   S U P P L E M E N T

**Suggested Use:** As a dietary supplement, take 1 capsule one time daily, preferably with a meal, or as directed by a qualified healthcare practitioner.

### Supplement Facts

Serving Size: 1 Capsule    Servings Per Container: 120

	Amount Per Serving	%Daily Value
Biotin	5000 mcg	1667%

**Other Ingredients:** Rice flour, gelatin (capsule), magnesium stearate (vegetable source), and silicon dioxide.

**Free of:** Sugar, Salt, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Yeast, Wheat, Soy, Gluten, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

Manufactured in a facility that also processes soy, milk, fish and shellfish.

**NON-GMO, GLUTEN FREE**

Rev.003