

# Swanson ULTRA®

The Most Advanced Nutrition Technology

**TABLETS**

Timed-Release  
**Biotin**

Vitamin Supplement

**60 TABLETS • 10 mg**



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

## SUGGESTED USE:

As a dietary supplement, take one timed-release tablet per day with food and water.

## Supplement Facts

Serving Size 1 Timed-Release Tablet

	Amount Per Serving	% Daily Value
Biotin USP	10,000 mcg	3,334%

Other ingredients: Calcium carbonate, stearic acid, hydroxypropyl methylcellulose, food glaze, acacia, maltodextrin, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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TO REORDER, CALL TOLL FREE 1-800-437-4148

or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)



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