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Puritan's Pride

SUPER

Biotin  
5000 mcg



60  
Rapid Release  
Capsules

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal.

### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Biotin (as d-Biotin)	5,000 mcg	1,667%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	222 mg	22%

**Other Ingredients:** Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Puritan's Pride® supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

**TO REORDER ITEM # 13430**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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