



Suggested usage: 1 tablet per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Biotin (vitamin B7) is essential to the metabolism of carbohydrates and fats, and aids in the production and utilization of amino acids.* Biotin supplementation has been shown to increase the strength of nails and promote healthy hair.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.

PRODUCT OF CANADA
 Manufactured by Natural Factors Canada
 Distributed by NATURAL FACTORS
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 Monroe, WA 98272

**Purity & Potency
 Guaranteed**

Recyclable container and label.

natural
Factors®

Biotin

300 mcg

90 Tablets

HEALTHY HAIR & NAILS*

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Biotin (vitamin B7)	300 mcg	100%

Other ingredients: Microcrystalline cellulose, magnesium stearate (vegetable grade).

LOT & EXPIRY 1.3125" x .25" Single Line

