

Dietary Supplement

Trusted since 1910

**BOTANIC
CHOICE®**

PREMIUM FORMULA

HAIR, SKIN & NAILS

5,000 MCG.
BIOTIN



60 LIQUID CAPSULES

Supplement Facts

Serving Size 2 Liquid Capsules
Servings per container 30

Amount Per Serving	% Daily Value**	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Vitamin A (as beta carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin E (as d-alpha tocopheryl acetate)	25 IU	83%
Thiamin (Vitamin B-1) (as thiamine HCl)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (Vitamin B-3) (as niacin)	5 mg	25%
Vitamin B-6 (as pyridoxine HCl)	5 mg	250%
Folate (as folic acid) (1% on rice flour)	200 mcg	50%
Vitamin B-12 (as cyanocobalamin) (1% on rice flour)	8 mcg	133%
Biotin	5000 mcg	1667%
Calcium (as dicalcium phosphate)	32 mg	3%
Iron (as ferrous fumarate)	5 mg	28%
Phosphorus (as dicalcium phosphate)	25 mg	3%
Magnesium (as magnesium oxide)	5 mg	1%
Zinc (as zinc oxide)	15 mg	100%
Copper (as cupric oxide)	0.9 mg	45%
Hydrolyzed Bovine Collagen Type 1 & 3	25 mg	†
Hyaluronic acid (fermented source)	30 mg	†
PABA (para-aminobenzoic acid)	10 mg	†
Virgin Organic Argan Nut Oil	25 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: RICE BRAN OIL, CAPSULE (BOVINE GELATIN, CHLOROPHYLL), RICE FLOUR, SUNFLOWER OIL, STEARIC ACID. **CONTAINS:** TREE NUTS (ARGAN).

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.

3401 W. 37TH AVE. HOBART, IN 46342



Suggested Use: Take 2 liquid capsules once daily, with a meal, as a dietary supplement, or as directed by a physician.



Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

For your protection, this container has an outer safety seal.

(Do not accept if missing or broken.)

Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

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Actual Pill Size

C-103686