

Directions: Take 1 tablet, one time daily, with a meal.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV*
Biotin	10,000 mcg	3333%
Calcium	66 mg	7%
(from Dibasic Calcium Phosphate)		

*Daily Value (DV)

Other Ingredients: Cellulose, Stearic Acid, Silica, Magnesium Stearate, Methylcellulose, Cellulose Gum, Glycerin.