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# LAMBERTS®

### HIGH STRENGTH Biotin 500µg

FOOD SUPPLEMENT 90 Capsules DIRECTIONS: Take 1 to 3 capsules daily with a meal, or as directed by a practitioner or pharmacist. Do not exceed recommended daily dose. Food supplements should not replace a balanced diet and a healthy lifestyle.

**CAUTION:** Do not take if pregnant or breastfeeding.

INGREDIENTS: Rice Powder, Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Magnesium Stearate & Silicon Dioxide), Biotin.

#### NUTRITION INFORMATION

## Typically per capsule:%NRV\*Biotin500µg1,000

\*NRV = Nutrient Reference Value

The B vitamin, Biotin, contributes to normal energy-yielding metabolism and is needed for the maintenance of healthy hair and nails.

V Suitable for vegetarians V Suitable for vegans KEEP AWAY FROM CHILDREN

#### TO BE TAKEN ON THE ADVICE OF A PRACTITIONER OR PHARMACIST ONLY

### 8068-90

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