

# Biotin Complex 10 mg

## Food supplement

with highly dosed biotin, zinc and selenium.

Nutritional facts	per 1 capsule*
Biotin (vitamin B7)	10 mg (20.000 %**)
Zinc	10 mg (100 %**)
Selenium	60 µg (109 %**)

\* Recommended daily intake

\*\* reference values in accordance with LMIV



## Ingredients:

Microcrystalline cellulose, zinc bisglycinate (zinc), hydroxypropyl methyl cellulose (capsule), selenium yeast (selenium), biotin (vitamin B7).

## Notice:

The recommended daily intake indicated should not be exceeded. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Keep out of the reach of children.

## Important note:

The intake of other zinc-containing food supplements should be avoided.

## Store:

Store well closed in a cool, dry place.

## Directions for use:

Take 1 capsule daily with sufficient water.

Packaging size	PZN	Product number	Net quantity
180 capsules	16945033	12519	e 37 g