

Please reseal after use

AV biotin, copper and zinc

5000mcg biton + copper & zinc
60 tablets | 60 servings

DIRECTIONS: Take 1 tablet a day.
Do not exceed recommended daily dose.
For allergens see ingredients in **bold**.

STORAGE: Store in a cool, dark place out
of direct sunlight. Keep out of reach of
children.

CAUTION: If you are pregnant or
lactating, taking medication or under
medical supervision, please consult
your GP or medical professional before
taking supplements. Food supplements
should not be used as a substitute for a
varied diet. Keep out of reach of
children. This product is not intended to
cure, prevent or treat any diseases.

INGREDIENTS: Bulking agent
(microcrystalline cellulose),
Zinc citrate, d-biotin, copper
citrate, anti-caking agent
(magnesium stearate)

This product is suitable for
vegans and vegetarians.



Serving size: 1 tablet

Nutritional Infomation	Quantity per serving	%NRV*
Zinc	5 mg	50%
D-Biotin	5000 µg	10000%
Copper	500 µg	50%

*Nutrient Reference Value

**Nutrient Reference Value not established



MADE IN
THE UK

we're here if you need us itsourremedy

Manufactured in the UK for Our Remedy, 10 Towerfield Road, Essex, SS3 9QE
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100% recyclable packaging | Please recycle

Net weight 7.2g | 60 Tablets



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Net Weight 7.2g

5000mcg biotin
+ copper and zinc

2 months • 60 tablets

biotin, zinc & copper

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we all have our ups and downs



Food supplement

