

ACTUAL SIZE



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SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 or more times daily, preferably with meals.

Biotin is a water-soluble vitamin necessary for normal growth and body function. Biotin is a key regulatory element in gluconeogenesis, fatty acid synthesis, and in the metabolism of some amino acids. Alongside its role in energy production, Biotin enhances the synthesis of certain proteins. In addition, Biotin promotes normal immunity and plays a critical role in skin health.* Look for other quality products from NOW® in health food stores nationwide.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Biotin

1,000 mcg

Tiny, Easy to Swallow

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Biotin	1 mg (1,000 mcg)	333%

Other Ingredients: Rice Flour, Gelatin (capsule), Magnesium Stearate and Silica.

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg or preservatives.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60018

Made in the U.S.A.

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