

CAPSULE SIZE

CODE 0469 V4



Made in the USA

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Biotin plays a critical role in skin health.*

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.*

SUGGESTED USAGE: As a dietary supplement, take 1 capsule daily with a meal. Consider taking these other NOW® products: Silica Complex and B-Complex vitamins.



Biotin

ENERGY PRODUCTION

1000 mcg

- Supports Amino Acid Metabolism
- Promotes Normal Immunity*

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin C (from Ascorbyl Palmitate)	4 mg	7%
Biotin	1 mg (1,000 mcg)	333%

Other Ingredients: Rice Flour, Gelatin (capsule), Ascorbyl Palmitate and Silica.

Manufactured by NOW FOODS

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For more product information visit www.nowfoods.com/0469

Store in a cool, dry place after opening. Please Recycle.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.