

Found in foods such as oatmeal and soy, Biotin, a water soluble B vitamin, assists in energy metabolism in cells.* Biotin is essential for the intermediate metabolism of carbohydrates, proteins and fats.* Biotin also helps to support healthy skin and hair.*



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon.- Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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.



Prod. No. 7961 B7961 07E

NATURE'S BOUNTY®

HIGH POTENCY

Biotin

1000mcg

Supports
Carbohydrate, Protein
& Fat Metabolism*

COATED
FOR EASY
SWALLOWING



100 tablets VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet up to five times daily, preferably with meals.

Supplement Facts

Serving Size 1 Tablet

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

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener,
No Preservatives, No Sugar, No Starch, No Milk,
No Lactose, No Soy, No Gluten, No Wheat, No Yeast,
No Fish. Sodium Free.

Suitable for Vegetarians

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
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Bohemia, NY 11716 U.S.A.
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