

Biotin, a B vitamin long used to aid in metabolism and support healthy hair, skin and nails, has recently been discovered to be beneficial for blood glucose already within normal range. Recent research has shown that biotin, when used in high doses such as the amount found in **Biotin 5 mg**, can help promote glucose uptake in muscle tissue. It can also help to potentiate the glucose supporting properties of the mineral chromium picolinate.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-713-0000

† 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.



BIOTIN

5 mg

Promotes Healthy Skin, Hair, and Nails[†]

Dietary Supplement

60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving

% Daily Value

Biotin

5 mg

1667%

Other Ingredients: Cellulose, capsule (vegetable source), magnesium stearate (vegetable source), silicon dioxide.

SUGGESTED USE: Take one capsule daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. VL 2090

