

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 5,000 mcg**, 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 1-888-710-0006

[†]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.



VILLAGE
VITALITY

Biotin 5,000 mcg

Promotes Healthy Skin, Hair, and Nails[†]

Dietary Supplement

120 VEGETARIAN CAPSULES



Distributed by:
Village Vitality, LLC • Saugerties, NY 12477

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

Amount Per Serving	% Daily Value
Biotin.....	5,000 mcg 1667%

OTHER INGREDIENTS: CELLULOSE, CAPSULE (VEGETABLE SOURCE), MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICON DIOXIDE.

SUGGESTED USE: Take one capsule daily with food.

KEEP OUT OF REACH OF CHILDREN.

VVL 209-120H