

USAGE: Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

NOTE: During use, advise your medical professional that you are taking Biotin before any blood tests. Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Biotin is a water-soluble B vitamin typically found in liver, egg yolk, cereals, legumes and nuts. Biotin is essential for normal skin and hair growth, lipid metabolism and energy production (ATP).*

Keep out of the reach of children.
Store in a cool, dry place.

* 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.

© 2021 **Jarrow** FORMULAS®

Lot #. Best Used Before:

Jarrow
FORMULAS®

Biotin

**Supports Energy Production,*
Skin and Hair Growth***

100 VEGGIE CAPS **DIETARY SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Biotin (as d-Biotin)	5,000 mcg	16,667%
Calcium (from Dicalcium Phosphate)	145 mg	11%

Other Ingredients: Calcium phosphate, cellulose, vegetarian capsule (hydroxypropylmethylcellulose, water), magnesium stearate (vegetable source) and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317 • 1-866-459-4154

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.



www.nsfnon GMO.org



04521BTN

PROD # 118005



APPROX.
FILL LINE