

Directions: As a dietary supplement; take one (1) Vcap® daily, preferably with a meal, or as directed by a physician.

Biotin (Vitamin B7) is a water soluble, essential B vitamin which is naturally found in bread, liver, pork, salmon, avocado, cheddar cheese and egg yolks. It may also be found in certain bacterial colonies in the large and small intestines.*

Biotin is widely known for its importance in cellular development and its assistance in fatty acid, carbohydrate, glucose and amino acid metabolism. Biotin is also a very important nutrient in hair, skin and nail health.*

* 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.



Healthy Origins®



High Potency



Biotin

- Supports Healthy Hair, Skin and Nails*
- Suitable for Vegetarians & Vegans
- Supports Energy Production*

5,000 mcg • 60 Vcaps®

Dietary Supplement

Supplement Facts

Serving Size: 1 Vcap®

	Amount Per Serving	%DV†
Biotin (USP Grade)	5,000 mcg	1,667%

† Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: Rice Flour, Vegetable Capsule (Cellulose, Water).

Does not contain Sugar, Yeast, Wheat, Gluten, Soy, Fish, Shellfish, Peanuts, Egg or Milk.

No Artificial Flavors or Preservatives.

Vcaps® is a registered trademark of Capsugel.

Suitable for Vegetarians and Vegans

Distributed by: Healthy Origins®

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