

CAPSULE SIZE

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CODE 0479

V1

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

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.

critical role in skin health.\*

Biotin is a water-soluble vitamin necessary for normal growth and body function. Biotin functions as a key regulatory element in gluconeogenesis, fatty acid synthesis, and in the metabolism of some amino acids. Alongside its role in energy production, Biotin enhances the synthesis of certain proteins. In addition, Biotin promotes healthy immune system function and plays a

**SUGGESTED USAGE:** As a dietary supplement, take 1 capsule daily with a meal. Consider taking these other NOW® products: Silica Complex and B-Complex vitamins.

**10 mg (10,000 mcg)**

- Supports Amino Acid Metabolism
- Promotes Normal Immune Function\*

**120 Veg Capsules**

A Dietary Supplement  
Vegetarian/Vegan



**Extra Strength**

**Biotin**

**ENERGY PRODUCTION**



## Supplement Facts

Serving Size 1 Veg Capsule

|        | Amount<br>Per Serving | %Daily<br>Value |
|--------|-----------------------|-----------------|
| Biotin | 10 mg (10,000 mcg)    | 3333%           |

Other ingredients: Rice Flour, Cellulose (capsule), Silica and Stearic Acid (vegetable source).

Manufactured by NOW FOODS

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For more product information visit [www.nowfoods.com/0479](http://www.nowfoods.com/0479)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This extra strength product has 10 mg Biotin as compared to our other Biotin products - 1 mg Biotin and 5 mg Biotin.

Store in a cool, dry place after opening. Please Recycle.