

SUGGESTED USE: Adults take 1 capsule once a day with a meal or as directed by your qualified healthcare professional.

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

WARNING: 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 pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**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.**

^For those low in Biotin.

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow
FORMULAS®**

VEGAN

Biotin

ULTRA STRENGTH

5000 MCG

Supports healthy hair,
skin, and nails^{^*}

✓ non-gmo

✓ gluten free

100 VEGGIE
CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

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

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

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA

1-866-459-4154
www.Jarrow.com



01123BTN PROD # 118005



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

APPROX. FILL LINE
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