

Suggested Usage: Take 1 capsule daily with a meal. 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 critical role in skin 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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

CAPSULE SIZE

CODE 0469B V8



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Biotin

1,000 mcg

Energy Production*

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

100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Biotin	1 mg (1,000 mcg)	3333%

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Ascorbyl Palmitate and Silicon Dioxide.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

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

Natural color variation may occur in this product. Store in a cool, dry place after opening.

