

**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](http://nowfoods.com/biotinlab) for details.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0474B v7



# Biotin

## 5,000 mcg

Energy Production\*

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

120 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	5 mg (5,000 mcg)	16,667%

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomingdale, IL 60108, USA [nowfoods.com](http://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.

Store in a cool, dry place after opening.

