

Found in foods such as oatmeal and soy, Biotin, a water soluble B vitamin, assists in energy metabolism in cells.* Biotin is essential for the intermediate metabolism of carbohydrates, proteins and fats.* Biotin also helps to support healthy skin and hair.*



Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET

For educational health tips and to join our money
saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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 you
Healthy earth

Prod. No. 7961 B7961 06D

NATURE'S BOUNTY®

HIGH POTENCY

Biotin

1000mcg

Promotes
Carbohydrate, Protein
& Fat Metabolism*

COATED
FOR EASY
SWALLOWING



100 tablets VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) to five (5) tablets
daily, preferably with meals.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Biotin (as d-Biotin) 1,000 mcg (1 mg)	333%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener,
No Preservatives, No Sugar, No Starch, No Milk,
No Lactose, No Soy, No Gluten, No Wheat, No Yeast,
No Fish. Sodium Free.

Suitable for vegetarians.

WARNING: If you are pregnant, nursing or taking any
medications, consult your doctor before use. Discontinue
use and consult your doctor if any adverse reactions
occur. Keep out of reach of children. Store in a cool, dry
place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
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