

USAGE: Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Biotin is a water-soluble B vitamin typically found in liver, egg yolk, cereals, legumes and nuts. Biotin is essential for normal skin and hair growth, lipid metabolism and energy production (ATP).^{*} Alcohol consumption decreases biotin status in the body.^{*}

Keep out of the 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.

Lot #. Best Used Before:

Jarrow
F O R M U L A S

Biotin

Energy Production,^{*}
Skin and Hair Support^{*}

5000
MICROGRAMS

100
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule Servings Per Container 100

	Amount Per Serving	% DV
d-Biotin	5,000 mcg	1667%

Other Ingredients: Calcium phosphate, cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

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

05414BTN

PROD # 118005



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Jarrow FORMULAS[®]
Superior Nutrition and Formulation[™]
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

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