

Biotin is a water-soluble B-vitamin. It helps to promote healthy skin, nails and hair, and is necessary for certain enzymes to work properly. Biotin also supports energy production in the body, and is required for protein, carbohydrate, and fat metabolism.*

Carefully Manufactured by:
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SOLGB79102 00B



SUPER POTENCY BIOTIN 5000 MCG

PROMOTES HEALTHY
SKIN, NAILS & HAIR*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Biotin	5000 mcg 1667%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*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.

