

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.

Natural color variation may occur in this product.

CODE 0469 VS



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CAPSULE SIZE



Biotin

1,000 mcg

Energy Production*

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

Non-GMO

100 Capsules

A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin C (from Ascorbyl Palmitate)	4 mg	7%
Biotin	1 mg (1,000 mcg)	333%

Other ingredients: Rice Flour, Gelatin (capsule) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.

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

Store in a cool, dry place after opening.

Please Recycle.

