

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.

CAPSULE SIZE

CODE 0474 v3



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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)	1667%

Other ingredients: Cellulose (capsule), Rice Flour, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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.

