

Biotin, a B vitamin long used to aid in metabolism and support healthy hair, skin and nails, has recently been discovered to be beneficial for blood glucose already within normal range. Recent research has shown that biotin, when used in high doses such as the amount found in **Biotin 5,000 mcg**, can help promote glucose uptake in muscle tissue. It can also help to potentiate the glucose supporting properties of the mineral chromium picolinate.†

WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

† 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.

BIOTIN

5,000 mcg

Promotes Healthy Skin, Hair
and Nails†
Dietary Supplement
60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving	% Daily Value
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Biotin	5,000 mcg	1667%
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Other Ingredients: Cellulose, capsule (vegetable source), magnesium stearate (vegetable source), silicon dioxide.

SUGGESTED USE: Take one capsule daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. 209-60H

