

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.



NUTRITION FROM THE SOURCE™

# SUPER Biotin

5000 mcg

B VITAMINS

Supports Healthy Hair, Skin & Nails\*

120 RAPID RELEASE CAPSULES | VITAMIN SUPPLEMENT

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

TO REORDER PROD. #13431  
www.vitaminworld.com  
1-800-228-4533

Carefully Manufactured for Vitamin World, Inc.  
Holbrook, NY 11741 U.S.A.  
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B13430 06D



**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Biotin (as d-Biotin)	5,000 mcg	1,667%
Calcium (as Dicalcium Phosphate and Calcium Carbonate)	222 mg	22%

**Other Ingredients:** Gelatin. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Biotin, a water-soluble B vitamin, assists in energy metabolism in cells.\* Biotin is essential for the intermediate metabolism of carbohydrates, proteins and fats.\* In addition, Biotin helps to support healthy hair, skin and nails.\*



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Not only does Biotin play an important role in helping you to look your best, it is also beneficial for promoting overall health by supporting carbohydrate, protein and fat metabolism as follows:

### Energy Metabolism\*

In the body, Biotin forms a complex with our natural enzymes, which in turn converts the enzymes to their active state.\* Once activated, these enzymes are able to perform their normal role in energy metabolism.\* Biotin's essential role in carb, fat and protein metabolism makes it a popular choice for supporting all types of nutritional plans – including low fat and low carb diets.\*

### Supports Healthy Hair, Skin & Nails\*

Biotin is a water-soluble B Vitamin, which cannot be stored in the body and must be consumed every day. Vitamin World utilizes the most sophisticated methods to concentrate Biotin into a super high potency capsule. This essential B vitamin is absorbed and helps to nourish the cells throughout the body. This makes Vitamin World Super Biotin ideal for supporting healthy skin, hair and nails.\*

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