

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 promotes energy metabolism in the body, and is required for protein, carbohydrate, and fat metabolism.*

Solgar's KOF-K certification # K-1250

Carefully Manufactured by:
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SOLGB70310 03E

Since 1947
ENHANCED POTENCY
BIOTIN
1000 MCG

**SUPPORTS HEALTHY
SKIN, NAILS & HAIR***

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS
Non-GMO



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Biotin	1000 mcg	333%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose,
Vegetable Cellulose, Vegetable Stearic Acid,
Vegetable Magnesium Stearate.

**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 one to two times daily preferably with a meal, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

