

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 0479 V3



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Extra Strength

Biotin

10 mg (10,000 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	10 mg (10,000 mcg)	33,333%

Other ingredients: Rice Flour, Cellulose (capsule), Silica and Stearic Acid (vegetable source).

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.

This extra strength product has 10 mg Biotin as compared to our other Biotin products - 1 mg Biotin and 5 mg Biotin.

Store in a cool, dry place after opening.
Please Recycle.

