

**USAGE:** Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Biotin** is a water-soluble B vitamin typically found in liver, egg yolk, cereals, legumes and nuts. Biotin is essential for normal skin and hair growth, lipid metabolism and energy production (ATP).\* Alcohol consumption decreases biotin status in the body.\*

Keep out of the reach of children.  
Store in a cool, dry place.

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

# Biotin

Energy Production,\*  
Skin and Hair Support\*

**5000**  
MICROGRAMS

**100**  
VEGGIE CAPS

DIETARY  
SUPPLEMENT



www.nsfnongmo.org

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

	Amount Per Serving	% DV
d-Biotin	5,000 mcg	16,670%

Other Ingredients: Calcium phosphate, cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethyl-cellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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FILL LINE

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