

Biotin is a water-soluble B-vitamin. It helps to support healthy skin, nails and hair, and is necessary for certain enzymes to work properly. Biotin also supports energy metabolism in the body, and is required for protein, carbohydrate, and fat metabolism. \*

\*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.

Carefully Manufactured by:  
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ENHANCED POTENCY  
**BIOTIN**  
**1000 MCG**

SUPPORTS HEALTHY  
SKIN, NAILS & HAIR\*

Non-GMO

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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Biotin	1,000 mcg	3,333%
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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.

Solgar's KOF-K certification # K-1250

