

**SUGGESTED USAGE:** Take 1 capsule daily, or as directed by your healthcare practitioner.

**HOW IT WORKS:** Biotin is a water-soluble vitamin necessary for cell growth, the production of fatty acids, and the metabolism of fats and amino acids.\* It also plays key roles in gluconeogenesis and fatty acid synthesis, and is therefore critical for maintaining proper glucose and lipid metabolism.\* Biotin is also known to be important for healthy skin, hair and nails.\*

**CAUTIONS/INTERACTIONS:** Certain anti-seizure medications (carbamazepine, phenobarbital, phenytoin, primidone, and valproic acid) and long-term antibiotic therapy may increase the body's need for biotin. If you are taking any of these medications, consult your healthcare practitioner before using this product. This product contains Biotin which may interfere with some blood test results. Go to [protocolforlife.com/biotinlab](http://protocolforlife.com/biotinlab) for details.

CODE  
P0471B  
V7



**PROTOCOL  
FOR LIFE BALANCE®**

# Biotin

## 5,000 mcg

- Normal Glucose Metabolism\*
- Healthy Hair, Skin & Nails\*



**90 Veg Capsules**

A Dietary Supplement    Vegetarian/Vegan

## Supplement Facts

Serving Size 1 Veg Capsule

|        | Amount<br>Per Serving | % Daily<br>Value |
|--------|-----------------------|------------------|
| Biotin | 5 mg (5,000 mcg)      | 16,667%          |

Other ingredients: Rice Flour, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Formulated & Distributed by Protocol For Life Balance  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
[protocolforlife.com](http://protocolforlife.com)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

\*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.

